

## Tiered Occupational Therapy in School

Tiered Occupational Therapy is a way of providing Occupational Therapy (OT) to students who need help at school. It provides the right help, at the right time, in the right way to any student. Grandview Kids will be starting to offer this model in some schools in September 2023.

### Tier One – Universal, Good for All

- Strategies and/or equipment that anyone in the classroom can use if it is helpful.
- Accessed through workshops or links to resources for teachers, EAs, caregivers or students
- **Examples:** wiggle cushions, classroom activity centres, pencil grips, different kinds of scissors, different height desks, noise cancelling headphones, movement breaks, pictures of steps when using the bathroom or getting ready to go out for recess, etc.

### Tier Two – Targeted, Necessary for Some

- Strategies and/or equipment for a specific student
- Can be done in small groups
- Addresses difficulties that have a greater impact on school
- **Examples:** Chrome book, several strategies needed for one challenge, off the shelf solutions, such as step stool at sink and toilet, student-specific pictures of an activity, etc.

### Tier Three – Individualized, Essential for One

- Includes one-to-one assessments and customized solutions
- **Examples:** bathroom renovations, student-specific sensory plan, special switch access to computer, staff training for complex lifts and transfers, etc.

Caregivers can choose to refuse Tier One classroom supports. Referrals with parent consent are needed for a student to be seen in Tier Two or Tier Three.

Students can be in more than one tier at a time, and can move between tiers as their goals are met or if their needs change.

If you have questions about Grandview Kids Tiered OT services, please contact your Occupational Therapist or the Director Clinical Services – School Years by calling 905-728-1673.