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OCCUPATIONAL THERAPY TO LITERACY ACROSS THE LIFESPAN

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QUOTES

“I read everything I can. I don't care what the source is.”

Mark Cuban reports reading 4-5 hours a day as an important daily activity it is important to learn something new every day. Shark Tank, Entrepreneur, Creator of FUBU (Goalcast, 2018)

“WRITING, THE ART OF COMMUNICATING THOUGHTS TO THE MIND, THROUGH THE EYE, IT IS THE GREAT INVENTION OF THE WORLD...”

ABE LINCOLN (AZ QUOTES, 2018)

“I MAKE WRITING AS MUCH A PART OF MY LIFE AS EATING OR LISTENING TO MUSIC.”

MAYA ANGELOU (GOOD READS, 2018)

WHAT DREW YOU TO THIS PRESENTATION?



- HOW DO YOU DEFINE LITERACY? (TEXT: 37607; MESSAGE: DENISEHENDER126)
- ARE THERE LITERACY CHALLENGES THAT YOU SEE IN YOUR DAILY PRACTICE?
- DO YOU FEEL EQUIPPED TO ADDRESS LITERACY CHALLENGES IN YOUR PRACTICE?

OBJECTIVES:

- DEFINE LITERACY
- EXPLORE LITERACY AS AN OCCUPATION
- LEARN CONCRETE STEPS TO USE LITERACY STRATEGIES IN YOUR PRACTICE

AOTA COMMUNITY OF PRACTICE ON LITERACY


- COMMUNITY OF PRACTICE (CoP): IS A GROUP OF PEOPLE WHO SHARE A COMMON CONCERN OR A PASSION FOR SOMETHING THEY DO, AND LEARN HOW TO DO IT BETTER AS THEY INTERACT REGULARLY. (WENGER & TRAYNER, 2011)
- BEGAN JANUARY 2017 TO PRESENT: 26 MEMBERS VIA MONTHLY TELECONFERENCING EXPLORING OT ROLE IN LITERACY
- [HTTPS://WWW.OT4LITERACYCOMMUNITY.COM](https://www.ot4literacycommunity.com)



WHY IS THIS A HOT TOPIC FOR OT?

1. Address occupational justice (deprivation)
2. Meet state and federal demands
3. Technology changes
4. Protect our scope of practice
5. Improve health and wellness
6. Foster social connectedness





DR. LAMB CHALLENGED MEMBERS TO ADVOCATE FOR THE DISTINCT VALUE OF OCCUPATIONAL THERAPY... DEFINE OUR PROFESSION AS MORE THAN JUST "HANDWRITING SPECIALIST". (2015)

IN 2017, DR. GRAJO FILLED A GAP IN OUR PROFESSION AND INTRODUCED A UNIVERSAL DEFINITION OF LITERACY AS AN OCCUPATION AND EXPLORED THE ROLE OF THE OCCUPATIONAL THERAPY IN LITERACY THROUGH A COMMUNITY OF PRACTICE.



AOTA
Initiative

LITERACY

- ✓ THE RIGHT OF ALL INDIVIDUALS TO READ, WRITE & COMMUNICATE
(OCCUPATIONAL JUSTICE)
- ✓ THE ABILITY TO READ, WRITE, COMMUNICATE AND COMPREHEND
WRITTEN, EXPRESSIVE, AND DIGITAL LITERACY
(ALLIANCE FOR EXCELLENT EDUCATION, 2018)



LITERACY BEYOND JUST READING AND WRITING

- DR. LENIN GRAJO, PHD, OTR AND SHARON GUTMAN, PHD, OTR (COLUMBIA UNIVERSITY) ARE PROPOSING LINKING LITERACY WITH THE CONCEPT OF **FUNCTIONAL COGNITION**
- **FUNCTIONAL COGNITION:** THINKING AND PROCESSING SKILLS TO ACCOMPLISH COMPLEX EVERYDAY ACTIVITIES SUCH AS HOME /FINANCIAL /MEDICATION MANAGEMENT, WORK, SCHOOL, VOLUNTEER ROLES, DRIVING AND COMMUNITY NAVIGATION (AOTA, 2016)



IS LITERACY AN OCCUPATION?

- MEANINGFUL EVERYDAY ACTIVITIES THAT PEOPLE DO AS INDIVIDUALS, IN FAMILIES AND WITH COMMUNITIES TO OCCUPY TIME AND BRING MEANING AND PURPOSE TO LIFE. OCCUPATIONS INCLUDE THINGS PEOPLE NEED TO, WANT TO AND ARE EXPECTED TO DO. (AOTA, 2014)

EXAMPLES: LITERACY AS AN OCCUPATION



Children

- COLORING /HANDWRITING
- COMMUNICATING NEEDS/WANTS
- ACADEMIC LEARNING
- PLAYING GAMES
- DEVELOPING RELATIONSHIPS
- EXPRESSING EMOTIONS
- KEYBOARDING
- UNDERSTANDING RULES
- READING
- USING TECHNOLOGY

Adolescent/ Adults

- JOB APPLICATIONS
- READING ASSEMBLY DIRECTIONS
- DRIVING
- READING MAPS
- PRODUCT LABELS
- BUS SCHEDULES
- GAME SCOREBOARDS
- VIDEOGAME INSTRUCTIONS (GRAJO, 2014)

OCCUPATIONAL THERAPY AND THE OCCUPATION OF LITERACY



- OT'S PROMOTE ENGAGEMENT IN READING AND WRITING
- OT'S ADAPT ENVIRONMENTS TO INCREASE LITERACY PARTICIPATION
- OT'S FOSTER SOCIAL CONNECTIONS AND EMOTIONAL REGULATION (COMPONENTS OF COMMUNICATION)
- OT'S ADDRESS VISUAL PERCEPTUAL AND FINE MOTOR DEVELOPMENT NEEDED FOR READING AND WRITING
- OT DEVELOP LIFE SKILLS TO BUILD HABITS, PATTERNS, AND ROUTINES INTO DAILY LIVING ... WRITING DOWN YOUR DAILY ACTIVITIES, READING CLOCKS AND CALANDERS TO MONITOR ACTIVITIES

LITERACY

Digital Literacy

Health Literacy

Functional Literacy

Family Literacy

Informational Literacy

Financial Literacy

DIGITAL LITERACY

THE ABILITY TO COMMUNICATE, UNDERSTAND, AND NAVIGATE COMPUTER USE SAFELY AND EFFICIENTLY FOR THE PURPOSE TO GAIN AND SHARE INFORMATION.

(LWT, 2018; USDIGITAL LITERACY, 2018)



HEALTH LITERACY



AOTA HAS INTEGRATED SEVERAL SCHOLARS DEFINITIONS AND STATED HEALTH LITERACY AS...

... "INCLUDE INDIVIDUAL ABILITY, PROFESSIONAL COMMUNICATION SKILLS, AND THE CONTEXT OR ENVIRONMENT IN WHICH THE INFORMATION IS BEING DISSEMINATED (PLEASANT ET AL., 2016). WHEN ALL THREE ASPECTS ARE CONSIDERED, HEALTH LITERACY PROMOTES PARTICIPATION, EMPOWERMENT, AND CONTROL OVER DAILY LIFE (NUTBEAM, 2008; PLEASANT ET AL., 2016)"

APPS FOR HEALTH CARE: [HTTPS://WWW.CDC.GOV/MOBILE/MOBILEAPP.HTML](https://www.cdc.gov/mobile/mobileapp.html)

(AOTA REPRESENTATIVE ASSEMBLY COORDINATING COMMITTEE, 2016)

FUNCTIONAL LITERACY

- COMPREHENSION, DECODING, VOCABULARY, COMPREHENSION, AND KNOWLEDGE UTILIZED TO COMPLETE A TASK WITHIN SOCIETY, THE MINIMAL LEVEL OF SKILLS NEEDED TO MEET PERSONAL AND SOCIAL SKILL IN ONE'S ENVIRONMENT (COMINGS, 2011)
- FUNCTIONAL LITERACY CORRELATE TO LABOR MARKET OUTCOMES
- [HTTPS://WWW.DOL.GOV/OASAM/PROGRAMS/HISTORY/HERMAN/REPORTS/FUTUREWORK/CONFERENCE/NALSFINA/NALSFINA.HTM](https://www.dol.gov/oasam/programs/history/herman/reports/futurework/conference/nalsfina/nalsfina.htm)

INFORMATIONAL LITERACY

- INFORMATION LITERACY IS ABILITY TO LOCATE, EVALUATE, AND USE EFFECTIVELY THE NEEDED INFORMATION.
- (AMERICAN LIBRARY ASSOCIATION, 2000)



FAMILY LITERACY

- THE INTERACTION OF PARENTS/ CARE GIVERS WITH CHILDREN TO FOSTER DEVELOPMENT AND MANAGE FINANCIAL SELF SUFFICIENCY AS A FAMILY UNIT.

(DEPARTMENT OF EDUCATION, 2018)

FINANCIAL LITERACY

- THE ABILITY TO MANAGE YOUR MONEY.
- PAY BILLS, MANAGE YOUR INCOME, KNOW WHERE AND HOW TO INVEST YOUR MONEY, HOW TO SAVE

(GASKINS, HAYNES, & PORCELLO, 2017)

Paradigm

Shift

Performance areas

Top Down

Participation/
Engagement

Ask how does one
feel about
engagement...

Performance
skills

Bottom up

Reading/writing

OT AND THE LINK TO LITERACY



OTPF AND EVALUATION CODES EQUIPPED TO ADDRESS LITERACY:



LOW

- **Problem Focused Assessments:**
- Hawaii Early Learning Profile: assess oral and written literacy
- Keyboarding Screener assesses digital literacy
- Keyboard Screener-Spot Check



Moderate

- Detailed Assessment
- Canadian Occupational Performance Measure
- Peabody Fine Motor Scale
- VMI
- ETCH
- Print Tool

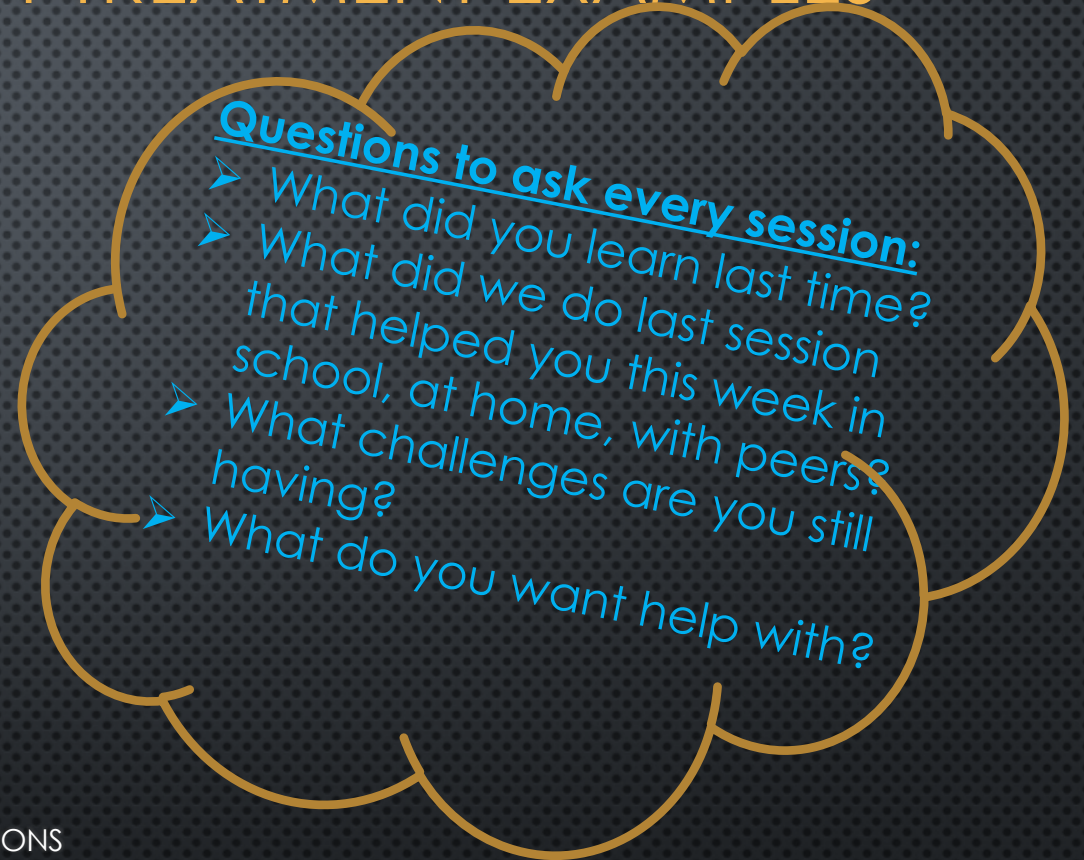


High

- Comprehensive Assessment
- DIBELS Dibels
- TVPTS
- BOT-2
- Peabody – Full Assessment
- ABLLS-R Language Assessment

LITERACY ACTION ORIENTED OT TREATMENT EXAMPLES

- BOOK RELATED ACTIVITIES THEMES: MULTISENSORY, SEASONAL
- USE OF ED EMBERLY: PICTURE STARTERS
- USE OF STORY CUBES
- READ AND WRITE TO ANIMALS
- READ RECIPES AND COOK TOGETHER
- MAKE SHOPPING LIST AND GO SHOPPING
- READ WHAT YOU WRITE OUT LOUD: MADLIBS
- PINTEREST: OT AND LITERACY
- FACILITATE STORY AND ACTIVITY TIME IN CLASS/ COMMUNITY
- CO TREAT WITH SLP AND RUN LITERACY GROUPS
- USE PICTURES IN WRITTEN TEXT
- HAVE CHILD DRAW OR WRITE OUT HEP FOR THE WEEK
- USE ACTUAL HOMEWORK OR SCHOOL ASSIGNMENTS IN YOUR THERAPY SESSIONS
- GRAPHIC ORGANIZATIONAL SKILLS (WWW.SUPERDUPER.COM)
- READ TO ANIMALS/ DOLLS AND THEN DRAW A PICTURE FOR THE ANIMAL
- FAMILY ENGAGEMENT: CHILD/ PARENT GAS OR EVEN GERIATRIC AND FAMILY MEMBERS
- (FRANCIS & BECK, 2018; SEASAME STREET IN COMMUNITIS, 2018)



SETTINGS AND POPULATIONS

- EARLY INTERVENTION
- HOMELESS POPULATION
- SEVERE MENTAL ILLNESS
- SCHOOLS
- COMMUNITY BASED
- ENGLISH AS SECOND LANGUAGE
- ASSISTED TECHNOLOGY
- FAMILY PRACTICE
- PUBLIC HEALTH
- HIGHER EDUCATION
- HOSPITAL BASED
- PRIVATE PRACTICE



INTER - PROFESSIONAL COLLABORATION:

AOTA

International Society for Technology in Education

International Literacy Association

National Education Association

American Speech and Hearing Association

SPEECH AND OCCUPATIONAL THERAPY COLLABORATION

Seton Hall Occupational Therapy and Speech Therapy Department received 1.2 million dollar grant to develop written expression programs for children with disabilities. <https://www.shu.edu/health/news/shms-receives-1-point-2-million-doe-grant-to-assist-children.cfm>

“Project Write to Learn”



Group Activity

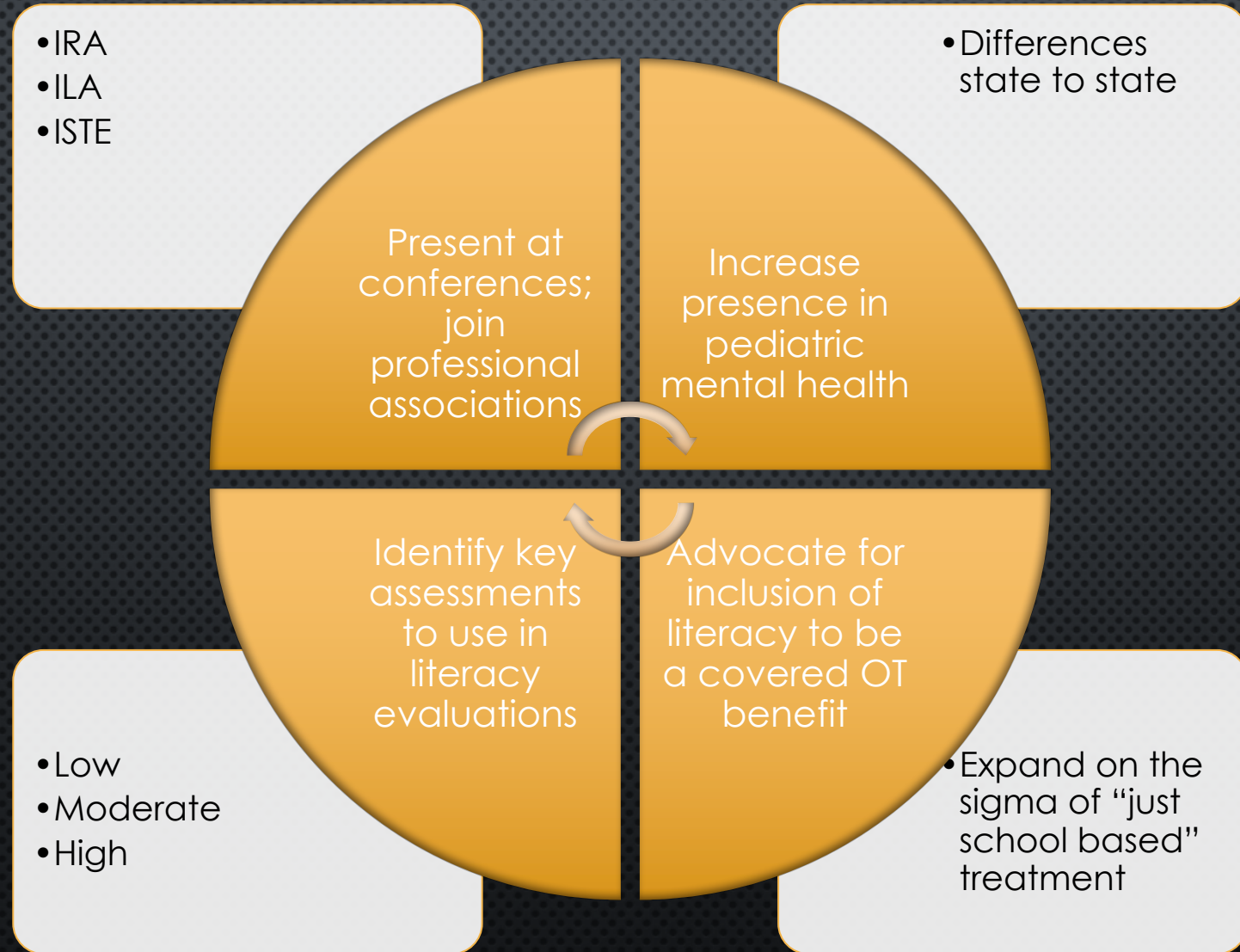


1. WHAT ARE YOU DOING NOW TO FOSTER LITERACY: WRITING, READING, AND COMMUNICATION?
2. HOW ARE YOU FOSTERING INTER - PROFESSIONAL COLLABORATION?
3. HOW ARE UTILIZING UNIVERSAL DESIGN FOR ALL YOUR CLIENTS?

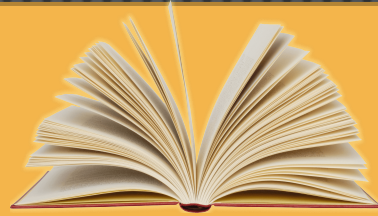
OCCUPATIONAL PARTICIPATION APPROACH: QUESTIONS TO CONSIDER???

- HOW DOES THE READING/WRITING DIFFICULTY AFFECT PARTICIPATION AND PERFORMANCE OF IMPORTANT OCCUPATIONS?
- WHAT CONTEXTS SUPPORT OR HINDER PARTICIPATION IN WRITING/READING?
- WHAT ARE THE CLIENT'S INTERESTS, MOTIVATIONS AND PREFERENCES IN TERMS OF WRITING/READING PARTICIPATION?
- HOW DOES THE READING/WRITING DIFFICULTY IMPACT VARIOUS OCCUPATIONAL ROLES?
(GRAJO, 2014)

HOW CAN YOU TAKE ACTION?



HOW CAN WE DEEPEN OUR CONNECTION?



*Building communication
Through reading, writing, and digital
use.*

L I T E R A C Y

Occupational Therapy develops foundational life long literacy skills through:

- Visual Processing
- Fine Motor Grasping Skills
- Sensory Organization
- Handwriting and Keyboarding skills

<https://www.aota.org/Practice/Children-Youth/literacy.aspx>

What would your business card say?

CONCLUSION:

- LITERACY IS READING, WRITING, COMMUNICATION IN EVERY DAY ACTIVITIES
- CONSIDER LITERACY AS AN OCCUPATION, HOW DOES THIS CHANGE YOUR CLIENTS OUTCOMES?
- WHAT TREATMENT ACTIVITIES AND INTER - PROFESSIONAL COLLABORATION OPTIONS DID YOU LEARN TODAY?

Now answer these questions again:

- HOW DO YOU DEFINE LITERACY?
- ARE THERE LITERACY CHALLENGES THAT YOU SEE IN YOUR DAILY PRACTICE?
- DO YOU FEEL EQUIPPED TO ADDRESS LITERACY CHALLENGES IN YOUR PRACTICE?

RESOURCES



- CAST: RESOURCES FOR UNIVERSAL DESIGN:
[HTTP://WWW.CAST.ORG/SEARCH?QUERY=WHAT+IS+CAST](http://www.cast.org/search?query=what+is+cast)
- CENTER FOR LITERACY AND DISABILITY SERVICES AT UNIVERSITY OF NORTH CAROLINA AT CHAPEL HILL (GRETCHEN HANSER)
- CPT CODING: [HTTP://ENSIGNTHERAPY.COM/CODING-CPT-97532-COGNITIVE-SKILLS-DEVELOPMENT/](http://ensigntherapy.com/coding-cpt-97532-cognitive-skills-development/)
- LITERACY HAND OUT: # RIGHT TO READING: [HTTPS://LITERACYWORLDWIDE.ORG/DOCS/DEFAULT-SOURCE/RESOURCE-DOCUMENTS/ILA-CHILDRENS-RIGHTS-TO-READ.PDF](https://literacyworldwide.org/docs/default-source/resource-documents/ila-childrens-rights-to-read.pdf)
- VISUAL PERCEPTUAL DEFICITS LINKED TO LANGUAGE:
[HTTPS://WWW.EDUCATION.COM/REFERENCE/ARTICLE/VISUAL-PERCEPTUAL-WEAKNESSES-ACADEMIC-DELAYS/](https://www.education.com/reference/article/visual-perceptual-weaknesses-academic-delays/)

Resources Continued

Pro Literacy

<https://proliteracy.org/Resources/White-Papers>

National Coalition for Literacy

<http://national-coalition-literacy.org/>

Reach out and Read

<http://www.reachoutandread.org/about-us/literacy-partners/>

National Center for Families Learning

<http://familieslearning.org/our-capabilities/our-capabilities.html>



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