

SPEECH THERAPY (ST)

Speech therapy is a specialized intervention that helps individuals improve communication skills, including speech, language, voice, and fluency.

- ✓ Speech articulation (e.g., pronouncing sounds correctly)
- ✓ Language development (e.g., expanding vocabulary, sentence structure, etc.)
- ✓ Social communication (e.g., eye contact, taking turns in conversation, etc.)
- ✓ Fluency (e.g., stuttering therapy)
- ✓ Augmentative and Alternative Communication (AAC) devices
- ✓ Swallowing and feeding therapy

and more...

OCCUPATIONAL THERAPY (OT)

Occupational therapy helps individuals learn and grow by building skills they need for play, school, work, and daily life.

- ✓ Fine motor skills (e.g., handwriting, buttoning clothes, etc.)
- ✓ Sensory processing difficulties (e.g., sensitivity to textures, sounds, etc.)
- ✓ Self-care skills (e.g., dressing, bathing, feeding, etc.)
- ✓ Emotional regulation and coping strategies
- ✓ Hand-eye coordination
- ✓ Strengthening daily living skills (e.g., using utensils, tying shoes, etc.)
- ✓ Adaptations for school, home, and work tasks

and more...

UNDERSTANDING THERAPY SERVICES: A GUIDE TO ST, OT, PT, & ABA

Please note that these therapies may address similar areas, but each approaches them differently based on its specific focus and scope of practice.



PHYSICAL THERAPY (P.T.)

Physical therapy helps children build strength, balance, and movement skills so they can play, grow, and do everyday activities.

- ✓ Gross motor skills (e.g., walking, jumping, running, etc.)
- ✓ Strength and endurance improvement
- ✓ Balance and coordination training
- ✓ Posture and alignment correction
- ✓ Recovery from injuries or surgeries
- ✓ Adaptive equipment training (e.g., wheelchairs, orthotics, etc.)

and more...

APPLIED BEHAVIORAL ANALYSIS (A.B.A.)

ABA operates on a demand-response-reward framework, also known as the ABC Model:

Antecedent Behavior Consequence

- ✓ Focuses on shaping behavior through repetition and reinforcement
- ✓ Rewards are tailored to each child's motivation (food, toys, praise, activities, etc.)
- ✓ Improving Functional Communication: using words, signs, or devices to express needs (in collaboration with SLPs)
- ✓ Teaching Basic Academic Behaviors: responding to instructions, participating in structured tasks
- ✓ Establishing Behavioral Routines: building tolerance for tasks (e.g., sitting, waiting, or transitioning, etc.)

and more...