



The Value of School-Based Occupational Therapy During the Era of COVID-19

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Providing remote and in-person services as schools reopen during the era of COVID-19 presents novel challenges which require resilience, flexibility, and creativity from students, families, and professionals.

OT practitioners provide a unique perspective and skillset to problem-solve and implement innovative solutions for the person, environment, and occupation. Due to the current context and disruption in routines, there is a need for OT practitioners to provide both systems levels of support for all students and staff and individualized interventions which address well-being, equity, and accessibility.

The categories below highlight important areas to address in consideration of the impacts of COVID-19. Each category is hyperlinked with intervention ideas and resources to guide practice. This resource is not intended to be comprehensive or a requirement, but rather to provide helpful considerations for shifting practices to support students and others during this time. Decisions and interventions should continue to be individualized and collaborative to meet the unique needs of students, families, teams, schools, and systems. Practitioners should refer to and adhere to the safety and health guidance provided by the [NC DHHS Strong Schools](#) and [NC DPI Lighting our Way Forward](#) documents.

Self-Care

- Hygiene
- Routines
- Physical activity
- Self-regulation



Mental Health

- Social-emotional skills
- Coping strategies
- Social participation
- Leisure & relaxation



COVID-19

- Wearing a mask
- Social distancing
- Handwashing
- Interoception



Academics

- Work and study habits
- Organization
- Following a schedule
- Technology management



Systems Level

- Environmental modifications
- Teacher support
- Student programming
- Occupational justice & advocacy



Transitions

- Environments
- Tasks
- Post-secondary
- Self-determination



Please contact the Consultant for Occupational Therapy, Bridgette LeCompte, with any questions at Bridgette.LeCompte@dpi.nc.gov or (984) 236-2638.