



OCCUPATIONAL THERAPIST'S WORK WITH HYPERACTIVE CHILDREN

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Research purpose. To present occupational therapist's work with hyperactive children.

Keywords: attention deficit hyperactivity disorder (ADHD), behaviour therapy, motor skills, hyperactivity, inattention, impulsivity, learning disability.

Research Methodology. Analysis of scientific literature.

Results / Findings. 1. Attention deficit hyperactivity disorder is chronic, beginning in childhood and often continuing throughout life. Children with ADHD are restless, distracted, impulsive, intrusive and they cause a lot of trouble for their parents and teachers; still, this disorder has nothing to do with children intelligence or talent.

2. Occupational therapists can help children with ADHD via different methods and exercises, as: using visual information, developing handwriting skills, pencil grip, hand strength, eye-hand coordination, finger dexterity, and in-hand manipulative skills, 'seamless socks', heavy work activities, having a calm down area at school or using a Movin'Sit cushion to sit on, using "THE ZONE OF REGULATION" tool, using mindfulness techniques, but parents, teachers and the whole community must contribute the treatment process.

The condition affects behaviour in specific ways. For example, children with ADHD often have trouble getting along with siblings and other children at school, at home, and in different settings. Those who have trouble paying attention usually have problem learning. An impulsive nature may put them in actual physical danger.

Because children with ADHD have difficulty controlling this behaviour, they may be labelled "bad kids" or "space cadets." I think everyone has heard these phrases many times.

Children with ADHD may have three groups of behaviour symptoms: Trouble paying attention (inattention), be overly active (hyperactivity), controlling impulsive behaviours (impulsivity).

There is no 'quick fix' for children with ADHD. However, the good news is that the condition is manageable with a combination of regimes that can include behaviour management, cognitive therapies and medication.

The team of support ADHD children are Pediatrician, Behavioral and Mental Health Practitioners, Occupational therapists, Parents, Teachers and School Administrators and many others.

Occupational therapists teach parents, teachers, and other caregivers how to give children the support and the structure they need.

Originality / Practical implications. Attention deficit hyperactivity disorder (ADHD) is one of the most common neurobehavioral disorders of childhood. Today ADHD affects approximately 3% to 11% of pre- and school-aged children in the World and grows continuously.

Boys are more than twice as likely as girls to be diagnosed with ADHD. Both boys and girls with the disorder typically show an additional mental condition and may also have learning and language problems. Left untreated, ADHD in some children will continue to cause serious, lifelong problems, such as poor grades in school, run-ins with the law, failed relationships, and the inability to keep a job.