



Helpful OT Blogs

theottoolbox.com- This blog is a great resource for occupational therapy practitioners and parents alike. This blog includes ideas to assist children with completing cursive writing, various crafts to improve visual motor integration skills, and treatment ideas to facilitate children reaching developmental milestones.

pocketot.com- this blog is written by an occupational therapist and full time mother, Cara Koscinski. Koscinski covers topic such as educating a child at home during the COVID-19 pandemic, tips for teens with autism or sensory processing disorder, or education on advocating for children with special needs.

otpotential.com- Sarah Lyon is the occupational therapist who created this blog. Sarah also has a podcast that covers topics such as OT and telehealth research, autism and sensory integration, and OT's role during the coronavirus pandemic. Sarah's blog also includes examples of documentation and current examples of what is going on in the OT research world.

gottabeot.wordpress.com- this blog provides individuals with pointers to utilize when applying for OT school, pointers for attending AOTA conference, book reviews for books that are occupational therapy specific, and advice for expanding OT's role in different practice settings.

stayathomesolutionskc.com- this OT blog promotes people in the geriatric demographic staying home in the community as long as possible. Topics covered on the blog include aging in place, elders utilizing gardening as an IADL, various pieces of adaptive equipment to meet toileting needs, shower modification ideas, and fall prevention techniques.

holisticot.org- this blog highlights occupational therapy's role in holistic medicine. Topics covered on this blog include occupational therapy's role in life coaching, classes covering topics such as the effects of daily meditation, mindfulness, and how acupuncture can assist with improving your patient's health.

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