

**Time-Ordered Agenda for
OT Treatment Interventions for Self-Care Skills
Emily Bourque, MS, OTR/L, CBIS**

Time (minutes)	OT-Specific Content to be Covered	Instructional Methodologies (e.g., lecture, case study, discussion, demonstration)
30	Introduction and Motor Learning Principles	Lecture, discussion
20	Socks and Shoes	Lecture, discussion, demonstration video, case examples (2)
30	Shirt and Pants	Lecture, discussion, demonstration video, case example, learning opportunity
30	Fasteners and Shoe Tying	Lecture, discussion, demonstration video, learning opportunity
12	Bathing	Lecture, discussion, case example
10	Grooming	Lecture, discussion, demonstration video, case example
25	Toileting	Lecture, discussion, case example
15	Self-Feeding and Sensory Based Feeding	Lecture, discussion, learning opportunity, case example
8	Resources review and Q&A	
180	TOTAL RUN TIME	