

學校支援服務（職業治療）簡介

Overview of School Support Services (Occupational Therapy)

我們為中小學提供由資深註冊職業治療師主導的專業支援服務，涵蓋到校及於本診所進行的訓練。服務旨在全面支援學生於學習、行為、情緒調節及校園生活功能上的需要。

Our team of experienced registered occupational therapists provides professional support to both primary and secondary schools, offering on-campus and in-clinic services. The goal is to support students' learning, behaviour, emotional regulation, and functional performance at school.

此外，服務內容配合最新研究成果，以實證為本，不斷優化治療成效，確保介入專業而有效。

All interventions are evidence-based and informed by current research, ensuring high-quality and effective therapeutic outcomes.

小學服務（Primary School Services）

書寫能力訓練（Handwriting Training）

- 改善握筆方式、坐姿及手部肌力
- 提升字形結構、書寫速度及耐力
- Improve pencil grip, posture, and hand strength
- Enhance letter formation, writing speed, and endurance

專注力及執行功能訓練（Attention & Executive Function Training）

- 強化專注力、自我控制及工作記憶
- 提升策劃、組織及自我監察能力
- Strengthen attention, impulse control, and working memory

- Improve planning, organization, and self-monitoring skills

感覺統合訓練 (Sensory Integration Training)

- 協助調節感覺反應，提升課堂參與及學習表現
- 處理坐不定、容易分心、感覺敏感或感覺需求過高等
- Support sensory regulation and improve classroom participation
- Address fidgeting, distractibility, hypersensitivity, or sensory-seeking behaviours

中學服務 (Secondary School Services)

書寫能力支援 (Handwriting Support)

- 改善字體清晰度及書寫效率
- 提升考試書寫耐力，並提供替代書寫及應試策略
- Improve legibility and writing efficiency
- Strengthen exam writing endurance and provide alternative writing strategies

專注力及執行功能指導 (Attention & Executive Function Coaching)

- 強化時間管理、學習計劃及組織能力
- 支援 ADHD、學習動機不足或考試焦慮的學生
- Strengthen time management, study planning, and organization skills
- Support students with ADHD, low learning motivation, or exam anxiety

情緒與行為調節 (認知行為治療 CBT)

CBT for Emotional & Behavioural Regulation

- 管理焦慮、情緒波動及負面思維
- 建立有效應對策略及情緒調節能力
- 減低社交恐懼及應對學習壓力
- 可選網上認知行為治療，減少外出所帶來的焦慮
- Manage anxiety, mood fluctuations, and negative thinking
- Build healthy coping strategies and emotional regulation skills
- Reduce social anxiety and academic stress
- Online CBT available to reduce anxiety related to travelling out

書寫評估及考試調適建議

Handwriting Assessment & Examination Accommodations

(中小學、專上學院及大學)

- 校內及公開試的書寫能力評估
- 個別化考試調適及實務建議
- Handwriting assessment for school and public examinations
- Recommendations for individualized exam accommodations

查詢服務 (Contact Us)

如欲了解更多服務資訊，歡迎聯絡：

For service enquiries, please contact:

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