

Reasons for an Occupational Therapy Evaluation

Introduction

With an increase in referrals for the services of an occupational therapist, it is necessary for parents to have an understanding of the conditions under which these services would be used as a teacher in special education providing parents with this information will be very helpful in alleviating any fears or misconceptions as to why occupational therapy was recommended. A child may need to be referred for Occupational Therapy if several of the following areas have been checked or if any of the areas below creates a functional delay or problem:

- _____ has difficulty using 2 hands together or doesn't use 2 hands together
- _____ has difficulty with writing, coloring, cutting or pasting
- _____ has illegible handwriting; tires easily while writing; poor pencil grasp; presses too light or too hard when coloring or writing
- _____ trouble with spacing, sizing, formation or reversals during handwriting
- _____ difficulty reading across a line or keeping place while reading or writing
- _____ difficulty copying from board or books
- _____ difficulty with dressing &/or fastener management (velcro closures, buckles, snaps, buttons, zippers) or shoe tying
- _____ trouble with jumping, hopping, standing on one foot, skipping or galloping
- _____ appears clumsy or uncoordinated
- _____ poor sitting posture, slumps in chair, seems floppy when moving
- _____ has trouble making or keeping same aged friends, may prefer to play with adults or younger children
- _____ trouble with attention or focus; short attention span
- _____ avoids physical activity; has trouble with or dislikes physical education or sports activities
- _____ is overly active; has difficulty calming down or slowing down
- _____ has trouble sleeping, getting to sleep or waking up from sleep; has irregular sleep patterns
- _____ poor self-esteem; low levels of confidence or motivation; gives up easily
- _____ has trouble with following multi-step directions to complete a task
- _____ needs additional instruction or practice to learn new skills as compared to same aged children

NASET's Parent Teacher Conference Handout

_____ dislikes bathing or other grooming such as tooth-brushing, brushing hair, trimming nails &/or haircuts

_____ dislikes or is fearful of activities involving having feet off ground such as swinging or other playground equipment

_____ appears impulsive lacks regard for safety, boundaries or rules; may need additional adult supervision as compared to same aged peers

_____ bumps into things; difficulty judging his/her body position in space

_____ trouble with unexpected changes in routines, trouble shifting from one activity to the next

_____ messy eater; seems to not notice when hands or face are messy

_____ overly sensitive to having hands or face messy; does not tolerate being messy

_____ overly sensitive to tags or textures in clothing; wears clothing that is inappropriate to season or temperature; insists on wearing only certain clothing repeatedly