



## When should I seek an occupational therapy evaluation for my child?

Occupational therapists (OTs) work with children and their families to promote active participation in the meaningful, everyday activities—occupations—that support their overall growth and development. Children who have challenges participating in home, school, or community activities may need an occupational therapy (OT) evaluation in order to determine whether or not they can benefit from OT services. Signs that an OT evaluation is needed include:

Children who have difficulty participating in the following areas:

**Activities of Daily Living (ADLs)**

- ◇ feeding/eating, bathing, dressing, grooming, toileting

**Instrumental Activities of Daily Living (IADLs)**

- ◇ safety procedures/emergency responses, meal preparation, handling money, management of personal possessions and environment

**Education and Work**

- ◇ completing schoolwork; participating in the classroom, on the playground, or at snack/lunch

**Play and Leisure**

- ◇ appropriate play activities, participation, exploration, imagination, and development of interests

**Social Participation**

- ◇ developing and maintaining relationships with family members, friends, and other acquaintances; successfully interacting in the community

Children who have delays with any of the following skills:

**Motor**

- ◇ gross motor, fine motor, oral motor, visual motor; generating, sequencing and executing a motor plan

**Sensory Perception**

- ◇ registration of sensory input, appropriate response/reaction to sensory input or sensory-based activities, adequate integration of sensory information to inform motor actions and activities

**Self-Regulation**

- ◇ sustaining attention, coping with everyday life

**Social**

- ◇ forming friendships, having successful social interactions with peers, initiating and maintaining interaction, turn-taking, cooperating, negotiating conflict, understanding non-verbal communication (eye contact, gestures, facial expressions)

**Cognitive**

- ◇ problem-solving, organization, time management

If your child has difficulty in any of the above areas, please contact our office to speak with a member of our staff.  
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