

# O.T. Works, Inc.

## The Therapy Playce

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### Occupational Therapy/Physical Therapy Referral Checklist

Child's Name: \_\_\_\_\_ Child's Birth Date: \_\_\_\_\_

Parent's Name: \_\_\_\_\_

Date Checklist Completed: \_\_\_\_\_

Please check the behaviors below that correspond with the concerns you have regarding your child.

#### Posture and Strength:

- \_\_\_\_\_ Rests head on hand, arm or table during seated tasks
- \_\_\_\_\_ Hikes shoulders when cutting/drawing/manipulating crafts
- \_\_\_\_\_ Slouches or slumps in chair
- \_\_\_\_\_ Frequently stands during seated work
- \_\_\_\_\_ Excessive fidgeting in sitting
- \_\_\_\_\_ Leans on things or people
- \_\_\_\_\_ Trouble getting up from the floor
- \_\_\_\_\_ Tires easily
- \_\_\_\_\_ Seems to have strong arms but a weak core

#### Gross Motor:

- \_\_\_\_\_ Poor balance/avoids challenges to balance during play
- \_\_\_\_\_ Trips or falls easily
- \_\_\_\_\_ Runs into desks/doorways/peers
- \_\_\_\_\_ Trouble learning new games or copying hand/body motions or avoids them
- \_\_\_\_\_ Difficulty with hopping, skipping, and running compared to same age peers
- \_\_\_\_\_ Reluctant to participate in sports or physical activities
- \_\_\_\_\_ Tenses, drools, sticks out tongue, grits teeth when working
- \_\_\_\_\_ Trouble going up and/or down stairs
- \_\_\_\_\_ Difficulty getting on/off bus
- \_\_\_\_\_ Has tremors
- \_\_\_\_\_ Walks awkwardly
- \_\_\_\_\_ Confuses left and right

**Functional Vision:**

- Has diagnosed visual problem: \_\_\_\_\_
- Trouble with ball skills, blinks or turns away when a ball approaches
- Has trouble tracing/cutting on a line or staying inside a path
- Poor eye contact
- Easily visually distracted
- Blinks/Rubs eyes or squints during/after visual activities
- Seems to be sensitive to light or computer work
- Difficulty writing on a line or sizing/spacing letters
- Skips lines/words when reading or has poor reading comprehension
- Difficulty with word searches, mazes, dot-to-dots and/or design copying
- Struggles completing puzzles
- Difficulty finding objects in a busy background (hidden pictures/items on a shelf)
- Difficulty copying from the board or copying from a page

**Fine Motor:**

- Awkward grasp on pencil
- Writing/coloring pressure too light/too heavy
- Does not stabilize the paper while writing/drawing/cutting
- Difficulty manipulating small objects (coins, beads, pegs)
- Trouble with zippers/snaps/buttons
- Drops things frequently
- Uses whole arm movements instead of wrist/finger movements when writing/drawing
- Difficulty manipulating scissors to cut paper
- Difficulty with in-hand manipulation (ex: separating pennies to move them from palm to finger tips)
- Demonstrates mixed hand dominance

**Attention and Focus Problems:**

- Has difficulty independently following through with tasks
- Is easily distracted by peers
- Stares blankly at times
- Seems to have difficulty shifting from active play to seated work
- Is easily distracted by noises and conversations
- Relies on peers or visual demonstration to figure out what to do

**Learning Behavior:**

- Seems not to hear directions or needs them repeated frequently
- Has difficulty transitioning
- Difficulty with problem-solving and persistence
- Does not ask for help or just leaves difficult tasks
- Uses distracting behaviors to avoid difficult tasks
- Does not seem aware of own errors or is overly critical of self (Circle one)
- Seems to need more practice than others to learn new things
- Takes a long time to learn new skills