

Checklist for Occupational Therapy Referrals

Gross Motor

- Low tone, poor posture
- Difficulties in hopping, skipping, jumping
- Awkward movements, clumsy
- Slower in completing activities than peers
- Difficulty playing in playground
- Difficulty catching throwing ball
- Hand dominance and preference not definite

Fine Motor

- Immature pencil grasp
- Illegible letters
- Underdeveloped in hand manipulation skills like cutting, colouring
- Eye hand coordination activities difficult like lacing, bead stringing

Sensory

- Tactile defensiveness: Reacts emotionally or aggressively when touched, or getting hands dirty, playing with sand, play dough and paints.
- Is fearful when feet leave the ground and dislikes "moving" playground equipment e.g. swings.
- Frequently moves around the classroom and has difficulty sitting still on the mat.
- Can get upset by loud noises and may put hands over ears.
- Mouthing, sucking, chewing objects even if they are non-edible e.g. pencil, toys, eraser
- Getting distracted by visual information and covers eyes, squints, keeps flicking objects in front of eyes
- Difficulty maintaining personal space
- Involved in aggressive behaviour and frequent melt downs/emotional outbursts

Cognitive/ Perceptual

- Poor body awareness: frequent falls, leaning, stooping over desk
- Poor posture
- Cannot find things or frequently loses things
- Stumbles, bumps in to things
- Cannot place picture puzzle, jig saws

- Difficulty in copying from board
- Frequent letter reversals as compared to peers

Visuo-Motor

- Difficulty reading from book
- Difficulty copying from board
- Difficulty forming letters
- Difficulty in copying simple shapes
- Difficulty constructing designs, playing construction games e.g. Lego

Behavioural

- Inappropriate, immature behaviour
- Highly distractible, short attention span or impulsive behaviour
- Highly active/ underactive or passive
- Does not relate well to other children
- Avoidance of new/novel tasks
- Difficulty transitioning between activities

Independence Skills

- Difficulty in Activities of Daily Living (ADL)
- Like toileting, eating, opening/closing lunch boxes, putting zippers, buttoning clothes, wearing socks n shoes etc

Play Behaviour & Play Skills

- Inappropriate to age
- Does not understand rules or theme of play
- Decreased social interactions and participation

- More of solitary play inappropriate to age
- Repetitive, stereotypical play

Additional Comments/ Observations: