

When to Refer Children to Occupational Therapy

Occupational Therapists (OTs) can address concerns regarding the following skills:

- Fine motor skills
- Gross motor skills
- Visual perceptual skills
- Sensory processing skills
- Executive functioning skills
- Self-care skills

Please consult OT for a screening if you observe any of the following 'red flags':

- Difficulties colouring (outside the lines, not filling entire space)
- Difficulties with scissors (poor hand positioning, difficulties sequencing the scissors, inaccurate cutting)
- Challenges copying shapes or printing letters that are considered age-appropriate
- Inefficient pencil grasp
- Frequent, intense meltdowns
- Excessive need for intense movement
- Difficulty falling and staying asleep
- Becomes upset with changes to routine, unexpected changes, and transitions
- Poor concentration and attention
- Bothered by certain textures of clothing
- Limited food variety
- Impulsivity
- Obsessive behaviour
- Clumsy, awkward, accident prone
- Avoids/very cautious/slow to engage with new things
- Over or under reactive to touch, light, sound, taste, smell, temperature, or movement



When to Refer Children to Physical Therapy

Physical Therapists (PTs) can address concerns regarding the following skills:

- Providing & adjusting appropriate/ required equipment
- Educating on proper lifting, transferring techniques
- Gait (walking) or strength retraining skills
- Improving Muscle imbalance, range of motion, mobility, coordination and balance
- Providing education to EA's, teachers and family on physical diagnosis & its implications
- Assisting and coordinating of community, school and home resources
- Providing direct physical therapy intervention through personalized treatment programs

If you are observing any of the following 'red flags', please consult PT for a screening:

- Difficulty with walking mannerisms (gait pattern)
- Physical challenges with school play Difficulty participating in gym-time activities
- Inappropriate gait aid fitting
- Unsafe or concerning gait pattern
- Musculoskeletal pain, imbalance, weakness, limitation Developmental delays
- Poor muscle coordination and/or motor planning [Can liaise with OT]
- Poor postural control
- Walking instability
- Trouble planning essential play/daily movement
- Lack of balance
- Lack of hand-eye coordination
- Delays in walking, running, stairs, jumping or other large movements Concerns in lack of strength
- Limited range of motion, debilitating daily play/activities
- Facial asymmetry