

Classroom Recommendation for an Occupational Therapy Assessment

Student: _____

Date: _____

Teacher: _____

Dear Parent/Carer,

As discussed in our conversation today your child's teacher has made some observations within the classroom that they feel may be worthy of an assessment by an Occupational Therapist (OT)

What does an Occupational Therapist do?

An OT looks at how a child manages everyday tasks at school, home and in play. They support Children to builds skills and provide practical strategies to support, children and their families both at home and at school. The purpose of an initial assessment is gather information, understand your child's strengths and any areas they may benefit from additional support.

Challenges I've noticed in the classroom

Tick any areas that apply and add a specific example where you can.

☐ Fine motor skills

e.g. handwriting, pencil grip, using scissors, drawing

Specific example noticed:

☐ Gross motor skills

e.g. balance, coordination, running, jumping, ball skills

Specific example noticed:

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☐ **Attention and concentration**

e.g. staying focused, easily distracted, finishing tasks

Specific example noticed:

☐ **Organisation and executive functioning**

e.g. planning work, following routines, managing equipment, starting/finishing tasks

Specific example noticed:

☐ **Emotional regulation**

e.g. managing frustration, big reactions, coping with change

Specific example noticed:

☐ **Sensory processing**

e.g. sensitivity to noise, clothing or touch; seeking movement; coping in busy spaces

Specific example noticed:

☐ **Self-care and independence**

e.g. managing belongings, toileting, eating, dressing for school activities

Specific example noticed:

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☐ **Social participation**

e.g. joining group activities, playing with peers, reading social situations

Specific example noticed:

☐ **Learning participation**

e.g. accessing classroom activities, fatigue affecting learning, staying engaged

Specific example noticed:

☐ **Other**

anything not covered above

Specific example noticed:

Additional comments

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What happens next

1. You choose an Occupational Therapist

You're welcome to use any Occupational Therapist. There's no obligation to choose from the list below.

2. You contact them directly to book an initial assessment.

No referral is needed to see a Private Practice OT. Some families are eligible for a partial medicare rebate with a referral from their GP .Some private health insurance extras policies include OT, you would need to check with your provider.

3. The OT will let you know what they recommend.

It is helpful to provide the OT with this form so they can consider the observations made in the classroom in their assessment process.

Local Occupational Therapy Providers

The following providers are known to our school and may be able to assist.

Provider: _____ Location _____ Website: _____

Provider: _____ Location _____ Website: _____

Provider: _____ Location _____ Website: _____

Please note

This recommendation is based on classroom observations only and is not a diagnosis, teachers are not able to provide health advice. An Occupational Therapist will complete their own assessment to determine whether therapy is appropriate and will discuss any recommendations with your family directly.

Thank you for your ongoing support in helping your child do their best.

Teacher signature: _____ Date: _____

This form was created By Occupational Therapist Carmen Houlihan from Built Like Me OT to support teachers and parents get the most out of an OT assessment. Built Like Me is located in Mooroolbark in Melbourne's Outer East. www.builtlikeme.com.au

