

## Weighted Vest Instructions

Student Name: \_\_\_\_\_

Teacher Responsible: \_\_\_\_\_

Occupational Therapist: \_\_\_\_\_

Therapist's Phone Number: \_\_\_\_\_

Weighted vests are used as a preventative measure. The deep pressure input they provide helps calm a child's nervous system. They are used, intermittently throughout the day in a standard schedule to provide a calming effect.

The vest should be applied correctly, as shown by the OT. Weights are evenly distributed allowing the child to have appropriate balance while wearing the vest. Do not shift the weights around, please leave them as set up.

The appropriate amount of weight that should be used in this vest for this child is from \_\_\_\_ pounds to \_\_\_\_\_ pounds. DO NOT EXCEED the recommended maximum amount of weight. When adding additional weights, please distribute them evenly. Watch the child's behaviors and tell the OT of any changes.

The maximum amount of time a weighted vest should be worn is 20-25 minutes at a time. The vest should be removed and remain off for 90-120 minutes before it is reapplied.

The wearing schedule that has been designed for this child during the school day is:

On times:

Off times:

If you have any questions or concerns, please contact the Occupational Therapist immediately.