

When to Refer Students to Occupational Therapy

Occupational Therapists (OTs) can address concerns regarding the following skills as it pertains to the **school setting**:

- 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' within the **school setting**:

- 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
- 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
- Difficulty falling and staying asleep

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