

Occupational Therapy Screening Packet (Ages 6–16)

This packet includes screening checklists and observation forms to help identify functional challenges related to Developmental Coordination Disorder (DCD), ADHD, sensory processing, and general OT concerns.

1. General OT Screening Checklist

- Does the child struggle with daily routines (e.g., getting dressed, using utensils, tying shoelaces)?
- Does the child avoid fine motor tasks (e.g., coloring, writing, cutting)?
- Does the child appear clumsy or bump into things frequently?
- Does the child become easily overwhelmed or frustrated during tasks?
- Does the child have difficulty with attention and following multi-step instructions?

2. Developmental Coordination Disorder (DCD) – Screening

- Struggles to catch or throw a ball compared to peers.
- Poor handwriting speed or letter formation.
- Difficulty learning to ride a bike or use stairs alternately.
- Avoids physical play (running, climbing, team sports).
- Often tires easily during movement-based tasks.

3. Attention & Executive Function – Observation Prompts

- Frequently distracted or off-task during classwork or conversations.
- Trouble staying seated or fidgets constantly.
- Struggles to organize tasks or materials (messy desk, lost items).
- Difficulty waiting turn or blurts out answers.
- Mood shifts quickly; easily frustrated or impulsive.

4. Sensory Processing – Parent/Teacher Checklist

- Covers ears or is sensitive to loud or unexpected sounds.
- Avoids certain clothing textures or tags.
- Overreacts to being bumped or touched.
- Seeks movement (spinning, jumping, crashing into things).
- Appears overly tired or floppy; avoids physical effort.

5. Functional Impact Summary

Based on your responses and observations, please summarize:

- Main concerns:
- Environments where concerns are most noticeable (e.g., school, home):
- What strategies have helped so far:
- Additional comments: