

5 year old with autism experiencing dressing issues



Issue, Concern or Learning Difficulty

Difficulties dressing self both at home and school (for and after swimming)



Demographics – Age, Gender, Family Structure

5 year old boy, only child living with both parents



What the Therapist Found

Child had the ability to dress self when no one was around.

Both at home and school the child was put under pressure to hurry when getting dressed and so wasted time until others would help him.



Types of Treatment

Task analysis of dressing routine – home (getting ready for school), school (for swimming, after swimming). Able to identify exactly where the breakdown occurred and what assistance the child actually does require (teaching-learning approach). Education and coaching of parents and teacher.

Adjustment of family routine in the morning and classroom swimming time routine to allow the child for more time and appropriate assistance to dress. Incorporated visual schedule and reward chart both at home and in school.



Outcome and Timeframe

After 4 therapy sessions and repeated practice at home he learnt over time not to rely on others when dressing.

He still required assistance to initiate dressing but was able to carry out dressing independently after initial assistance given.

Parents began incorporating strategies set out by OT into general everyday tasks. He is now more independent with his morning routine.

Please Note

All treatment plans are tailored to the person's individual needs.



Kids Matters
OCCUPATIONAL THERAPY

Real Case Study

Therapist: **Rebecca Webster**

Relevant Treatments:

- Routine changes
- Behavioura Management
- Visual Schedules

Helping Children
Reach their
Potential