

9 year old girl with ADHD & learning problems.



Issue, Concern or Learning Difficulty

Anxiety, depression, poor working memory and attention. Struggling with school. Spelling 12 months behind peers, and below grade level for most subjects. High activity level, struggling to sit still at school. At home she needed company or assistance with sleep, bathing, toileting and had yet to master using cutlery with two hands together.



Demographics – Age, Gender, Family Structure

9 year old girl living with parents, middle child of three.



What the Therapist Found

Moderate sensory processing difficulties, with hypersensitivity to sound, poor body awareness and impaired vestibular (whole body movement) processing. Below average visual processing skills, attention and working memory.



Types of Treatment

A sensory diet was introduced first, along with strategies to retrain her auditory and vestibular processing skills. At the same time, the Alert Program was used to help her and her family re-frame her behaviours and understand what her behaviour was telling them her body needed. Visual perceptual & motor integration training was used, along with environmental changes, and cognitive strategies to improve comprehension and problem solving. Therapy also explored additional strategies for self-calming to manage persistent anxiety, including respiration tools and Emwave technology. Finally, therapy was completed with Cogmed Working Memory Training.



Outcome and Timeframe

She is now a passing student at her grade level who no longer requires academic support, verification was looking to be reversed and she was aiming to achieve her first "A". She was excelling in her preferred sport – gymnastics. This whole process took 1 year to complete. She is now discharged from therapy.

Please Note

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



Kids Matters
OCCUPATIONAL THERAPY

Real Case Study

Therapist: **Julia Egges**

Relevant Treatments:

- Vestibular Rehabilitation
- Sensory desensitization
- Sensory Diet
- Cogmed Working Memory Training
- Cognitive Training
- Mindfulness Training
- How Does Your Engine Run (Alert Program)

Helping Children
Reach their
Potential