

9 year old boy has difficulties with self-help & writing skills.



Real Case Study

Therapist: **Kara Brown**

Relevant Treatments:

- Self Help Skills Training
- Handwriting Remediation
- COOP treatment



Issue, Concern or Learning Difficulty

Delayed shoelace tying and cutlery use. Concerns around handwriting as demands increase at school.

Demographics – Age, Gender, Family Structure

9 years old boy, only child.

What the Therapist Found

Motor planning challenges; Developmental Co-ordination Disorder suspected. Poor postural control and endurance.

Types of Treatment

CO-OP (cognitive based) approach to enable the child to develop his own strategies on how to learn new motor skills. He absorbed the language of Goal, Plan, Do, Check and was able to translate this to other motor skills.

Outcome and Timeframe

Handwriting legibility has increased with greater control and slower speed. He is now able to tie his shoelaces, dress himself and manage cutlery at meal times. Therapy continues to address additional goals.

Please Note

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