Occupational Therapy Treatment Plan

Client Information
Name: Hans Soriano
Date of Birth: March 12, 2014
Address: 1234 Maple Street, Springfield, IL
Phone Number: 555-0123
Emergency Contact: Maria Soriano (Mother), 555-0456
Referring Physician: Dr. Lena Nguyen
Date of Initial Evaluation: September 20, 2024
Medical and Therapy History
Primary Diagnosis:
Cerebral Palsy
Secondary Diagnosis:
None
Previous Therapies and Outcomes:
Participated in physical therapy with moderate improvement in gross motor skills
Relevant Surgical History:
None
Medications:
Baclofen for muscle spasticity
Allergies:
No known allergies

Assessment Summary
Cognitive Function:
Within normal limits for age
Physical Abilities:
Limited fine motor skills, difficulty with tasks requiring hand-eye coordination
Sensory Functions:
Normal sensory processing
Emotional / Behavioral State:
Positive, occasionally frustrated with physical limitations
Communication Skills:
Verbal, clear articulation
Social Skills:
Engages well with peers and adults, but sometimes withdraws due to physical challenges
Environmental Factors:
Lives in a two-story home, attends a mainstream school
Activities of Daily Living (ADLs) Performance:
Needs assistance with dressing, feeding, and grooming
Instrumental Activities of Daily Living (IADLs) Performance:
Requires supervision and assistance

Goals

Short-Term Goals:

- Hans will improve his fine motor skills to button his shirt independently within three months.
- Hans will use adaptive utensils to feed himself independently at all meals within two months.
- Hans will complete a simple bead threading activity using both hands within one month.

Long-Term Goals:

- Hans will independently perform all morning grooming routines within six months.
- Hans will participate in school activities that require fine motor skills, such as writing and crafts, with minimal assistance within one year.

Intervention Plan

Therapeutic Activities:

Activity 1: Buttoning practice using a dressing frame

Objective: Improve fine motor control and dexterity
Frequency: 3 times per week
Duration: 15 minutes

Activity 2: Feeding practice with adaptive utensils

Objective: Increase independence in feeding
Frequency: Daily during meals
Duration: 20 minutes

Adaptive Techniques and Equipment

Technique/Equipment 1: Adaptive utensils (fork and spoon with thick handles)
Purpose: Facilitate independent eating
Instructions: Use for all meals at home and school

Environmental Modifications

Modification 1: Bedroom
Location: Lower clothing rods in closet for easy access
Description: Adjust closet for independence in choosing clothes

Caregiver / Family Training

Topic 1: Techniques for encouraging independence at home
Objective: Empower family to support Hans' daily activities
Method: Hands-on training session with OT

Implementation Schedule

Session 1:

Date: September 23, 2024
Focus: Introduction to adaptive utensils and dressing frame
Outcome: Hans showed interest and was able to grasp the utensils properly

Session 2:

Date: September 25, 2024
Focus: Bead threading activity
Outcome: Completed half of the threading task with assistance

Progress Review and Modifications

Date of Review: October 20, 2024

Progress Summary: Hans has improved using adaptive utensils and is beginning to button larger buttons independently.
Adjustments to Plan:
Goals: No changes
Activities: Introduce new activities for wrist strengthening
Techniques/Equipment: Recommend wrist weights for short periods

Discharge Planning
Achievements:
Improved fine motor skills and increased independence in feeding
Recommendations for Continued Care:
Continue occupational therapy focusing on grooming and dressing skills
Follow-up Appointments: Scheduled for April 2025
Professional's Signature
Name: Emily Tan, OTR/L
Title: Occupational Therapist
Date: October 20, 2024
Client / Caregiver Acknowledgement
Name: Maria Soriano
Relationship to Client: Mother
Date: October 20, 2024