

# BLUE BIRD SUCCESS STORY

## Christopher, Age 7, Down Syndrome Diagnosis

Originally referred to Blue Bird Day at age 5 with a diagnosis of Down Syndrome. Christopher is smart, funny, engaging, playful and caring. He loves spending time with mom & dad, his friends, playing the piano & drums, catch, hide & seek, obstacle courses, swinging in the hammock swing, play-dough, dancing, Legos, helping mom cook at home, and anything messy play.



### INITIAL EVALUATION

- Significant language delays
- Challenges with initiating peer play
- Difficulty sharing toys with peers
- Frequent protesting/yelling when presented with non-preferred activity
- Hypotonia
- Delayed play skills
- Difficulty ascending and descending stairs
- Decreased fine motor coordination skills
- Assistance needed to put on socks and shoes
- Decreased sustained attention

### INITIAL GOALS

- Increasing expressive / receptive language
- Increasing peer play skills as well as increased independent play at home
- Increasing strength and endurance for play and maintaining an upright seated position during school-based tasks
- Body awareness
- Increasing safety awareness in the community
- Increasing fine motor and self-help skills

### PROGRESS NOTES OR OUTCOMES

- Improved frustration tolerance and use of language when frustrated
- Increased use of language when communicating with peers and adults
- Increased engagement in peer play
- Increased participation and endurance during gross motor play
- Improved grasp strength for fine motor and dressing tasks
- Improved motor planning and problem-solving skills during play
- Improved safety awareness in using clinic space as well as navigating community

### DISCIPLINES & SERVICES OFFERED

- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Social Work



#### Blue Bird Day

Therapeutic Day Program with locations in West Loop, Northcenter and Wheaton, Illinois

Contact us at [info@bluebirddayprogram.com](mailto:info@bluebirddayprogram.com)

**312.243.8487**

**BLUEBIRDDAYPROGRAM.COM**

# BLUE BIRD SUCCESS STORY

## Christopher, Age 7, Down Syndrome Diagnosis

Blue Bird Day's (BBD) mission is to champion children to reach their full potential by providing individualized therapeutic care in the most natural setting. BBD is designed to foster socialization, sensory regulation and pre-academic learning in children ages 2 - 7 years in therapeutic rotations that simulate a preschool and kindergarten setting. We believe in regular assessment with both therapists and families, incorporating multi-disciplinary data to review and evaluate current program effectiveness and appropriateness of treatment goals and supports. Below is a summary of Christopher's progress from initial evaluation to one-year of treatment.



### A NOTE FROM A THERAPIST

"Since meeting Christopher in Fall 2019, I have seen a significant increase in Christopher's overall confidence and motivation to participate in new activities as well as to play with his friends. When we first started working together, Christopher often laid down in the gym for most of OT due to decreased endurance. He needed lots of encouragement to initiate trying anything new, often saying "I don't know." When the COVID-19 shut down happened, I got to work with Christopher and his mom virtually in their home. We saw big improvements in Christopher's ability to complete fine motor tasks — even if he didn't always want to participate — as long as he could work for play-dough! Hide and seek with toys and letters at home was another big motivator to try new things and work on some independent problem solving.

When we came back into the clinic, Christopher's excitement to play with other kids was so apparent. I could hardly believe the kiddo who used to lay down and watch his peers play was chasing other kids around the gym! A moment that sticks out for me is a day where a group of peers was trying an obstacle course we had never done before. Christopher watched two friends go through the obstacle course and then said "my turn." When he got up to crawl across a ramp, he took a deep breath and then pointed to his head and said, "brain." I said, "Yes! Use your brain, you've got this!" and he made it through with big smiles. Watching Christopher grow at Blue Bird has been such an amazing experience and I know he'll continue to show us all the cool things he can do!"

CATEGORY	INITIAL EVALUATION	AFTER 1 YEAR
<b>Social Skills</b>	Christopher demonstrated delays in social emotional development, preferring to lay down and watch peers play instead of engaging with them. When engaging with peers, Christopher demonstrated difficulty sharing or trading materials with peers.	Christopher is very motivated to participate in turn taking play with peers, especially in the multi-sensory gym. He with often call out to friends for them to join in on play schemes. Christopher is now able to identify basic emotions (happy, sad, angry, scared).
<b>Practical Life Skills</b>	Christopher presented with delays in self-help tasks and routines, requiring assistance to get dressed, using fasteners such as buttons or snaps, putting on socks and shoes, and wiping during toileting.	Christopher is able to complete dressing tasks independently at home. He puts on his socks/shoes with some assistance from mom to manage shoe orthotics. He is eager to participate in buttoning and snapping tasks, celebrating each time he does it independently.
<b>Communication</b>	Christopher scored with delays in both expressive and receptive communication skills, often using single words to communicate. He required moderate to maximal support in the forms of models, verbal prompts, and increased time for processing in order to understand verbal directions.	Christopher communicates using single words and 3-4 word utterances, uses at least 50 words in spontaneous speech, asks "what" or "where" questions, and gives full name upon request. He demonstrates ability to follow simple commands, responds to "where" questions, and answers "yes" or "no" in response to questions accurately.
CATEGORY	INITIAL AGE EQUIVALENT	ANNUAL AGE EQUIVALENT

#### Cognition

46 months

52 months

#### Social-Emotional

38 months

41 months

#### Self-Help / Adaptive Behavior

50 months

No Delay, appropriate level age skill