

# BLUE BIRD SUCCESS STORY

## David, 4 Years 2 months, Autism Spectrum Disorder

David's medical history includes a pneumothorax at birth that was treated and solved within 12 hours and an ASD diagnosis in 2020. Parents reported David met his developmental milestones of sitting at 7 months, crawling at 9 months, and walking at 13 months. David's previous therapies prior to BBD included OT, DT, and ST through IEP services. He then enrolled in BBD on 8/19/2020.

### INITIAL EVALUATION

- Receptive and expressive communication delays
- Difficulty following one-step simple directions
- Motor skill delays (weaknesses in strength, balance, object manipulation)
- Social-emotional delays (minimal motivation and interest to interact with peers)

### INITIAL GOALS

- Appropriately respond to interactions w/ others
- Engage in parallel play next to peer
- Communicate wants and needs with 1-2 utterances using total communication
- Appropriate bite size and pacing during feeding
- PT: ascend and descend stairs reciprocally, tall kneel position without support, navigate a multisurface environment and independently ambulate across a balance beam, ball play
- OT: don and doff pants when toileting, upright head in prone, safely navigate gym

### PROGRESS NOTES OR OUTCOMES

- Using gestures and words to communicate, occasional 2-word phrases, follows one-step routine directions
- Prompting to engage in therapist led tasks, decreased safety and body awareness in multi-sensory environment, stairs, strengthening
- Cueing for pacing during oral motor, clinician and peer modeling for nonpreferred foods
- Noted core weakness and poor endurance affecting postural positions
- Volition and participation highly dependent on activity presented, increased motivation with high affect, social play and cause and effect play

### DISCIPLINES & SERVICES OFFERED

- Occupational Therapy
- Speech Therapy
- Physical Therapy
- Developmental Therapy
- Behavior 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

David, 4 Years 2 months, Autism Spectrum Disorder

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 David's progress from initial evaluation to one-year of treatment.



## A NOTE FROM A THERAPIST

"David is a happy 4-year-old w/ gross motor strengths including playing in several developmentally functional positions, climbing elevated surface, jumping, and engaging with various toys in the gym. He is most limited in his balance and strength thus providing safety concerns when descending stairs and climbing down from elevated surfaces due to poor eccentric control. David's limited single leg stance time could be the limiting factor for skills such as stair negotiation, skipping, and single leg hopping due to the balance and strength required on one limb for these activities. David's communication serves as a barrier of his progress across all boards due to frustration when unable to use words to communicate/self-advocate. Being in a therapeutic peer settings allows David to increase his tolerance to close proximity with peers and encourage appropriate peer interacts through peer and adult models. He recently appropriately addressed a peer in a group rotation by saying their name in a silly voice resulting in the peer laughing. This is an example of the benefits of group settings because the peer's reaction is a positive reinforcer for David 's continued appropriate behavior among peers. David has also begun recently naming friends and teachers across all bird groups around the clinic when walking w/ therapists, demonstrating his increased interest in developing personal relationships with others. Overall, from his initial evaluation, David has made progress across all disciplines and is expected to continue to make progress along his hierarchical and individual discipline goals."

CATEGORY	INITIAL EVALUATION	AFTER 1 YEAR
<b>Social Skills</b>	Minimal motivation to interact w/ others, difficulty expanding play ideas w/ family, beginning to demonstrate visual interest in peers in the community, requires adult support for turn taking play, recognizes when others are happy or sad. Shows pride in his accomplishments through clapping and smiling.	Easily identifies basic emotions, uses facial expressions/body language/verbal output to express emotions. Beginning to distinguish between complex emotions. Working to use words versus physical actions to express anger/frustration. Desire to interact with peers and can show appropriate reactions when modeled.
<b>Practical Life Skills</b>	Frequent movement interferes with daily routines. Sensory seeking impacts participation and safety. Strong emotional outbursts when unable to complete task. Avoiding of sensory input affecting participation. Difficulty filtering out unnecessary sensory input.	Not potty trained. Gravitates toward routines which further his participation in broader activities. Needs assistance for appropriate social interactions with peers. Lack of frustration tolerance. 1:1 supervision to monitor his interactions.
<b>Communication</b>	Mixed receptive-expressive language disorder. Equivalent to 14 months of age. Use of jargon and few single words. Follows routine directions. Limited vocabulary. Difficulty expressing wants/needs/ideas. Difficulty following non-routine 1-step directions. Difficulty engaging in social reciprocity.	Primarily verbal communicator, somewhat total communicator (gesture, sign). 1-word utterances. Emerging 2-3-word utterances. Benefits from visual sentence strips. Follows routine and unfamiliar 1-step commands. Requires adult facilitation to support greetings with peers.

CATEGORY	INITIAL (DAYC-2) % DELAY	ANNUAL (DAYC-2) % DELAY
<b>Cognition</b>	33%	29%
<b>Social-Emotional</b>	36%	20.8%
<b>Physical Development</b>	44%	34%
<b>Speech Development</b>	61%	40%