

# BLUE BIRD SUCCESS STORY

Maria, 5 years old, Autism Diagnosis

Originally referred to Blue Bird Day due to concerns of speech delay, verbal direction following, and inconsistency responding to her name. Maria is an energetic and sociable 5-year-old who shows interest in interacting with peers and things within her environment. She enjoys creating toodles, movement activities, swinging, trains, and dolls.



## INITIAL EVALUATION

- Fine motor and grasping delays
- Speech difficulties
- Difficulty following verbal directions
- Decreased attention
- Limited body awareness
- Decreased muscle tone and balance
- Limited social skills
- Decreased play skills
- Difficulties with transitions

## INITIAL GOALS

- Increase independence with sleep and toileting routine
- Increase initiation and use of total communication to communicate her wants, needs, and ideas with adults and peers
- Improve body and safety awareness to navigate busy environment
- Increase participation in daily functional activities
- Improve body strength and balance
- Improve joint attention skill

## PROGRESS NOTES OR OUTCOMES

- Improved engagement within circles of communication with others
- Increased interest being around age-level peers
- Improved gross motor exploration including, running, jumping, climbing, and swimming.
- Increased functional and pretend play skills
- Improved communication with augmentative and alternative communication device
- Increased independence in toileting routine and transitions

## DISCIPLINES & SERVICES OFFERED

- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Applied Behavior Analysis
- Social Work



### Blue Bird Day

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

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



## A NOTE FROM A THERAPIST

"I have been working with Maria since January 2021. Maria has been an energetic, sweet, and sociable child who enjoys interacting with her peers and adults. She has shown great interest in different toy items from building blocks and legos to engaging well with painting and coloring. Parents have had concerns with her communication skills and now in 2021, Maria has been able to use her augmentative and alternative communication device to create 3-word phrases and express her wants and needs independently.

Maria has also shown increased gross motor coordination skills and thoroughly enjoys jumping, climbing, crashing, and swinging with different equipment in the gym, demonstrating increased body awareness and body strength overall. Maria has great social skills with her peers and demonstrates flexibility with sharing toy items with others and taking turns during therapist-led games and activities. Maria continues to progress towards sensory regulation and self-regulation skills and will express to adults when she is upset or needs help. Maria's growth has been amazing at Blue Bird and I am thoroughly excited to see all of her skills grow to their fullest potential."

CATEGORY	INITIAL EVALUATION	AFTER 1 YEAR
<b>Social Skills</b>	Maria was observed to show limited social interaction and preferred to stay by her caregivers from others in the room. She also did not change her play pattern in response to therapist interacting in her play activities.	Maria has shown emerging skills in self-regulation and interest in the world. She has demonstrated growth in exploring and engaging in some structured tasks. She has shown growth in imitating one-to-two step actions during pretend play activities.
<b>Practical Life Skills</b>	Per parent report, she was only independent in taking off socks and shoes. She tolerated bath well, messy hands during mealtimes, and was not bothered with diaper changes or clothing changes.	Maria has been able to independently feed herself and has started to use utensils. She initiates to wash herself during bath times with adult assistance to complete the routine. She also has started to sit on the toilet and void.
<b>Communication</b>	Maria scored within 70-75% delays within communication domains in pragmatics, play, gestures, receptive language, and expressive language. Maria used vocalizations to protest and would shout to gain attention. She also looked 25% of the time when her name was called.	Maria is able to respond when an adult says "look" and can turn her head and eyes towards the object, calmly takes turns with adult, and spontaneously gestures with hand out when presented with non-preferred object.

CATEGORY	INITIAL % DELAY	ANNUAL % DELAY
<b>Cognition</b>	63% Delay (Hawaii Early Learning Profile)	46% Delay (Developmental Assessment of Young Children-2nd Edition)
<b>Social-Emotional</b>	63% Delay (Hawaii Early Learning Profile)	50% Delay (Developmental Assessment of Young Children-2nd Edition)
<b>Self-Help / Adaptive Behavior</b>	38% Delay (Hawaii Early Learning Profile)	37% Delay (Developmental Assessment of Young Children-2nd Edition)