

BLUE BIRD SUCCESS STORY

Mateo, Age 6, Autism, Developmental Disorder of Speech&Language, unspecified lack of normal physiological development in childhood

Mateo has been attending the BBD program since May 2019 and has been receiving a variety of therapy services over the years. Mateo is an energetic, intelligent, and playful child who loves animals, puzzles, reading, climbing surfaces, and being active. Data was taken from 2021 (virtual eval) and 2022 annual evaluations as initial evaluation was not accessible.



INITIAL EVALUATION

- Low frustration tolerance
- Difficulty with emotional regulation
- Decreased body and safety awareness
- Emerging comprehension of open-ended questions
- Difficulty with sustained attention to task
- Decreased stability with single leg stance/single leg hopping (R>L)
- Decreased core/postural strength
- Decreased intrinsic muscle hand strength/endurance
- Limited interest in interacting/play with others

INITIAL GOALS

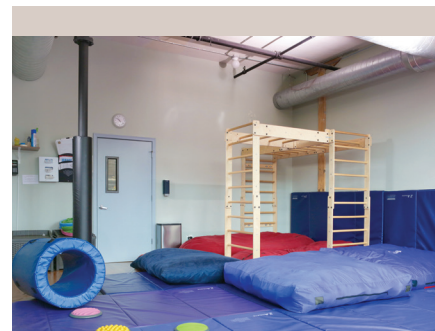
- Parallel play near peer using similar materials
- Identifies peers
- Simple chains of communication with adults
- Attains full supine
- Maintains dynamic prone extension
- Responds to "what doing" questions with a verb
- Responds to "who/where" questions
- Sequences 3-4 pictured story events
- Negotiates and collaborates with peers
- Maintain static quadruped for 30 secs w/ neutral hip and LE alignment to promote proximal gluteal, and abdominal stability for activities

PROGRESS NOTES OR OUTCOMES

- Improved sustained engagement with support
- Verbally communicate wants/needs
- Strong literacy skills
- Able to follow multi-step commands
- Improved engagement with peers
- Improved ability to participate in group games
- Able to take turns with therapist with visual support
- Continues to present with low frustration tolerance
- Decreased core strength/proximal stability
- Decreased eccentric quad strength

DISCIPLINES & SERVICES OFFERED

- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Behavior Therapy
- Developmental Therapy
- Social Work



Blue Bird Day

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

Contact us at info@bluebirddayprogram.com

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BLUE BIRD DAY

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

A NOTE FROM A THERAPIST

"I have been working with Mateo for about 3 months. Although it was difficult at the start, we have both quickly learned how to best work with each other. In the short time we have worked together, we have been focused on improving gross motor strength, core strength/stability, and coordination/motor control skills. Mateo's level of engagement is highly dependent on his level of regulation. He benefits from a visual text schedule at the start of the session to set expectations. I will usually have him read his schedule aloud and have him cross off each item when he is done. We will usually alternate between a therapist led task and a preferred task which can range from reading a book or engaging with a preferred toy. We have been working on improving his eccentric control when jumping over obstacles and off of elevated surfaces. He tends to descend quickly to the ground, which may be due to seeking increased proprioceptive input. Having him hold a bigger object in his hands sometimes improves his eccentric control. We have also been working on single leg balance and hopping forward. He demonstrates decreased balance and postural stability when hopping on his right lower extremity so we have been working on hopscotch or single leg hopping onto targets. Once again, animals are a great way to motivate Mateo and encourage him to maintain improved engagement in the therapist led task. When he does become dysregulated, he benefits from using visual sequence to show me when he has a calm body and is ready to proceed with the activity. Overall, working with Mateo has been a great learning experience in being flexible within a session, how best to adapt each session to each individual patient, and that it is okay if things don't always go according to plan."

CATEGORY	INITIAL EVALUATION	AFTER 1 YEAR
Social Skills	Although Mateo is occasionally able to visually attend to someone when speaking to them, he demonstrates minimal interest in interacting with others and requires increased support to participate in play with his older sister and parents. Able to identify basic emotions such as happy and sad, increased difficulty with more complex emotions.	Improved engagement with peers with therapist support for turn taking, utilizing modeling/visual supports. Benefits from grounding techniques when scripting. Continues to demonstrate difficulty regulating emotions when upset,. Often benefits from coping skills, sensory supports, and time for co-regulation.
Practical Life Skills	Working on requesting bathroom break, independence with multi-step bathroom routine (navigating fasteners, toileting, and washing hands without assist), donning jacket with assist to latch zipper, executing cubby routine, and brushing teeth with assist to apply toothpaste and initiate steps.	Mateo has mastered independence with bathroom routine and has progressed with brushing his teeth, working on applying toothpaste and sequencing steps with assist to complete thoroughly. He continues to work on executing cubby routine and is working on tying shoes.
Communication	Mateo communicates with combination of verbalization, gesturing/signing, pictures/visuals, and spoken language (preference for spoken language). Mateo is able to follow familiar commands and answer closed ended questions with emerging ability to understand open ended questions.	Mateo communicates with verbal language-frequent verbal scripting and adult support to verbalize novel utterances. He demonstrates the ability to produce multi-word utterances to request, greet, answer questions, and share ideas. He is also able to follow multi-step commands, has difficulty with more complex directions and is working on answering "who"/"where."

CATEGORY	INITIAL (HAWAII HELP) % DELAY	ANNUAL (DAY-C) % DELAY
Cognition	25%	16%
Social-Emotional	67%	37%
Self-Help Behavior	35.6%	44%
Speech Development	46%	36%