

## **How do I know if I need, or an adult I know needs, occupational therapy services?**

- \_\_\_ Difficulties with balance, becomes disoriented and/or fearful on elevators or escalators.
- \_\_\_ Fatigues easily; tends to lean on arms or slump at desk.
- \_\_\_ Accident-prone, clumsy or awkward in daily activities.
- \_\_\_ Dislikes crowds or accidental jostling in public situations (standing in line at the movie theater or shopping in store aisles).
- \_\_\_ Low tolerance for approach from behind or unexpected touch.
- \_\_\_ Difficulty in maintaining intimate relationships, difficulty with physical closeness, hugs or cuddling.
- \_\_\_ Disorganized in work or home activities.
- \_\_\_ Difficulty following several step instructions for motor tasks.
- \_\_\_ Difficulty with driving, parking, shifting gears or entering freeways.
- \_\_\_ Poor self-esteem, lack of confidence.
- \_\_\_ Difficulty focusing attention or over-focused and unable to shift to next task.

***If you or an adult you know are experiencing 3 or more of these problems, occupational therapy intervention may be helpful.***

*For more information visit the Spiral Foundation at [www.thespiralfoundation.org](http://www.thespiralfoundation.org).*