

### Everyday Living Skills Checklist.

**Checklist completed by:**

**Date completed:**

**Child's name and date of birth:**

This check list considers children and young people from 0 – 19 years old. Only provide information on the activities the child / young person is having difficulty with.

Please describe which everyday living skills the child is having difficulty with in their daily routine. Only the relevant areas need to be completed. Please use additional paper sheets if required.

To access an electronic copy please visit

[www.childrenshealthsurrey.nhs.uk/services/occupational-therapy](http://www.childrenshealthsurrey.nhs.uk/services/occupational-therapy)

<b>Self- care activities</b>	<b>Describe <i>what you observe</i> when they are completing the activities they are having difficulty with:</b>
<ul style="list-style-type: none"> <li>• Dressing (Following dressing routine, putting on clothing, tolerating wearing clothing, fastening buttons, zips, Velcro, shoelaces)</li> </ul>	
<ul style="list-style-type: none"> <li>• Participation in meal times (sitting at table, using cutlery, eating a range of textures and food types)</li> </ul>	
<ul style="list-style-type: none"> <li>• Sleep (bedtime routine, settling to sleep)</li> </ul>	
<ul style="list-style-type: none"> <li>• Toileting (following toileting routine, tolerating sitting on the toilet, getting on and off the toilet, managing clothes, wiping self) personal hygiene</li> </ul>	

<ul style="list-style-type: none"> <li>Bathing / showering (following routine, getting in and out the bath shower, operating the bath / shower, managing clothing, tolerating washing/ hair washing) washing self, personal hygiene</li> </ul>	
<ul style="list-style-type: none"> <li>Grooming activities (tolerating nail cutting, haircuts, hair brushing, brushing teeth, handling and managing hairbrushes, toothbrushes etc for grooming)</li> </ul>	
<p><b>Play and leisure:</b></p>	
<ul style="list-style-type: none"> <li>Choosing and focussing on a range of play activities at home and school</li> <li>Using playground equipment, outdoor toys (bikes, scooters, sand pit)</li> <li>Using , exploring and manipulating a range of toys / play activities (painting, sticking, jigsaws, construction, Lego.)</li> </ul>	
<p><b>School tasks:</b></p>	
<ul style="list-style-type: none"> <li>using scissors</li> </ul>	
<ul style="list-style-type: none"> <li>Sitting at a class desk</li> <li>Sitting at the dining table</li> </ul>	
<ul style="list-style-type: none"> <li>writing</li> </ul>	
<ul style="list-style-type: none"> <li>participation in PE (following the routine, carrying out PE activities)</li> </ul>	

<ul style="list-style-type: none"> <li>maintaining attention and participating in the class tasks (during teacher input, during an independent / group learning activity)</li> <li>organising self to complete class task</li> </ul>	
<ul style="list-style-type: none"> <li>Following school routines (lunch hall, playtime, assembly, changing classes, school trips, managing to organise school bag and equipment needed for lessons/ beginning and end of day'.)</li> </ul>	
<b>Accessing environments:</b>	
<ul style="list-style-type: none"> <li>Physically moving around school / community (negotiating school environment, steps, ramps, toileting facilities, public transport)</li> </ul>	
<ul style="list-style-type: none"> <li>Participation in community / school environments (family outings, shops, after school clubs, school trips)</li> </ul>	

**Please send completed checklist and any additional information you wish to provide to Children and Family Health One Stop via post or portal:**

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[www.childrenshealthsurrey.nhs.uk/services/occupational-therapy](http://www.childrenshealthsurrey.nhs.uk/services/occupational-therapy)

**Post:** Children and Family Health One Stop, Surrey and Borders Partnership, 1<sup>st</sup> Floor, Dominion House, Woodbridge Road, Guildford, GU1 4PU.

**Secure online portal:** Via the "upload documents to existing referral" button on  
<https://sabpsecure.simplifyhealth.co.uk/>

For any queries about this process or using the portal feel free to call 0300 222 5755 option 2.