

# Solution Focused Task Oriented Assessment Guidelines

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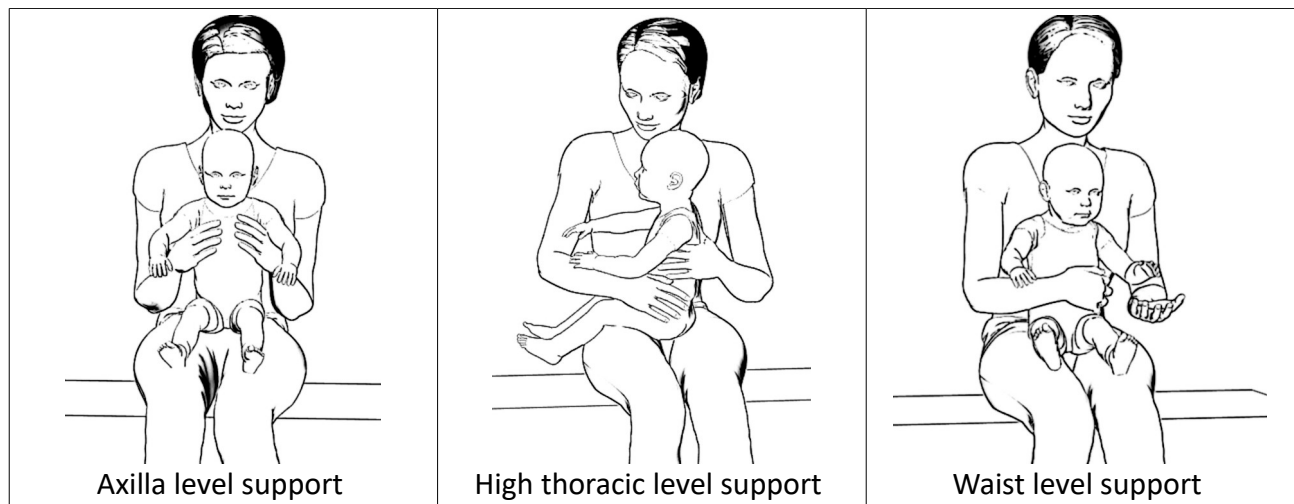
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## Identifying level of support

### Lap sitting with manual support

A good place to start figuring out the level of support an infant needs to maintain the trunk and head erect and steady is to observe the infant sitting on the caregiver's lap.

First observe how and where the caregiver provides manual support as well as the infant's postural response to this support.



#### **If the caregiver provides effective support**

If the support provided by the caregiver allows the infant to sit erect, hold the head up and look around, your next step is to encourage the infant reach for a toy or a moving hand. This gives you an idea of how effective the support is and whether the child is able to reach.

It is also useful to suggest to the caregiver ways to move her hands so that she is providing less support. This will give you an idea of the level of trunk support the infant needs to maintain an erect trunk.

- Providing less support when lap sitting and as part of everyday handling also provides infants with an opportunity to practice maintaining a steady trunk.

#### **If the caregiver's manual support is not effective**

If the infant is not being supported in a way that allows them to keep the upper trunk and head erect and steady with relative ease, show the caregiver how to change her manual support so that the infant is able to maintain the upper trunk and head erect.

### Next step

**Infant not able to hold head erect and steady with axilla level manual support, work on:**

- Head control in lap sitting with axilla level support
- Head control in inclined sitting
- Neck extension in adapted prone positions

**Infant able to maintain upper thoracic extension and head erect with mid thoracic level support**

- Work on reaching activities in lap sitting
- Assess sitting with thoracic support using blocks

## Sitting on flat surface with lateral block support

If the child is not able to sit on a flat surface, maintain the trunk erect and balance in this position, it is helpful to identify the level of trunk support the child needs to achieve sitting.

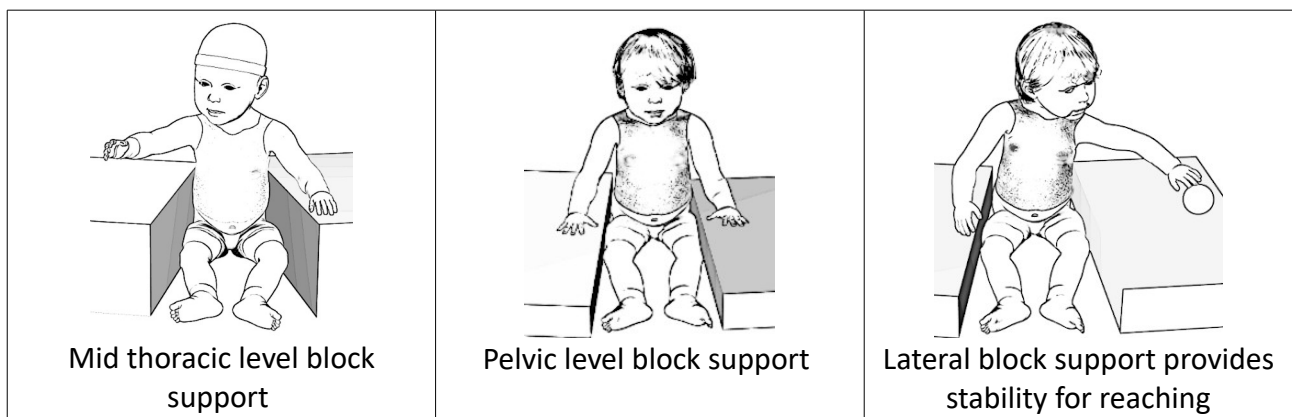
One way to provide support for sitting is to position a foam block on either side of the child, with the block in contact with the buttocks and lateral aspect of the thighs and chest. Another block is positioned behind the child.

Depending on their height, the contact between the blocks and the child's pelvis and thorax provide the support needed for sitting erect.

The raised surface provided by the blocks allow the child to prop themselves on their forearms or hands, providing additional support to maintain the trunk erect.

If the child loses balance, the blocks limit how far the child tips over and will often allow them to push on their hands and come erect again.

Once the level of support is determined, the child is encouraged to move the head and arms and reach for toys in different directions to provide the necessary challenges to trunk stability and balance needed for learning to sit erect.



## Sitting without support

Once the infant is able to maintain the trunk erect in sitting and maintain balance for short periods of time, the next achievement is maintaining balance when reaching in all directions.

**More information** <http://tomt.skillsforaction.com/>