



Evidence-informed Self-assessment **for Online Interventions** **Checklist**

Question	Y/N	Suggestions, if answer is Yes
Are my interventions focused on body function and structure? (e.g., visual perception, fine motor, strengthening, range of motion)		Bump up your interventions into the activities and participation/occupation levels. Think meaningful verbs like walking, writing, talking, dressing, handwashing! What school activity can they complete instead of sorting mini-pom-poms or doing mazes online? What chores can they complete at home that would require their strength to lift and squat?
Are my interventions focused on “normality of performance” or “fixing the child”?		Focus instead on function. Modify the environment or guide the child with questions so they can self-generate solutions on how they can use their body to complete the task successfully.
Are my interventions therapist-directed?		If you find yourself talking too much or telling them what they need to do, ask more questions instead. Help the child/family come up with their own goals, explore different plans, and self-monitor their own progress.
Did you create an intervention kit for every child that contains the same items?		This may be a sign that your interventions are not individualized. Have the child/family explore what to put in their own kit. What items are meaningful to them? What tools can help them reach their goals?
Are you doing the same activity for every child?		This may be another sign that your interventions are not individualized. Review the child's goals and come up with activities that are in line with those goals.
Is the child practicing the task only during your session?		Find a task that is meaningful to the child and family so they will work on it even if you are not around. Work with the child and family to find other opportunities for practice throughout the day, every day of the week.
Are your “sessions” always occurring in the same space?		This one may be tough to remedy for some home setup. But thinking about the natural environment, can you bring it to the kitchen for some meal prep? To the laundry room? Outside? If you can't do any of the above, can you coach the family to bring the activities to different more natural environment when you are not around?