

# Your CDBC Appointment Occupational Therapy



Intake

OT  
Assessment

Family  
Conference

Next Steps

## Who should come to this appointment?

- Your child and caregiver(s) or parent(s). You may also bring a friend or relative as a support to you.

## What will the appointment involve?

- An evaluation of your child's coordination, movement, and sensory processing.
- Activities include: drawing, printing, balancing, and aiming/catching.
- Parent/caregiver questionnaires are used to gain further insight into your child's movement and sensory processing at home and in the community.

## How long will the assessment take?

- Typically an assessment takes 2-3 hours.
- There will be the option to take breaks as needed throughout the assessment.

## What should I bring to the assessment?

- Comfortable clothing that is easy to move in.
- Good supportive footwear, such as running shoes.
- Snacks, especially if your child has food allergies or intolerances.

## What if I have questions before or after my assessment?

- Please contact 604-453-8313 and ask for your CDBC Case Manager who can put you in touch with the appropriate team member to address your questions.