



Student: Ying Yang

School: Aldar Academy

Date: 11/3/2020

To Whom It May Concern:

The student, Ying Yang, receives Occupational Therapy services provided by the school district under their Individual Education Plan.

After reviewing treatment options, I am recommending this student to be equipped with a compression vest to provide deep pressure therapy to the student in the school environment.

The compression vest has shown to be beneficial for Ying Yang in:

- Increase calm, focus, and attention-to-task, self-organization and regulation
- Decrease anxiousness, anxiety, and/or agitation
- Increase attention for improvement in fine motor skills such as handwriting, coloring, cutting, keyboarding, self-care skills

Those working with Ying Yang (school team) report that Ying Yang currently uses a borrowed classmate's compression vest and requests the compression vest during periods of her school day. They state that when Ying Yang wears the vest, her behaviors to self-regulated appropriately increase. They state Ying Yang benefits from deep pressure and have seen success with the borrowed compression vest.

OT will conduct a two- week trial upon purchase, and consult with the classroom staff as needed to assist in adjustment of the wearing schedule, fit of the compression vest over time, and observations of the targeted behaviors/motor skills and goals.

It is being recommended to purchase and distribute a compression vest to Ying Yang in order to continue her success of her education.

Please do not hesitate to contact me.

Thank you for your understanding and your attention.

Sincerely,
Haley Balcom, OTR/L
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