



Therapy in Praxis

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THERAPY IN PRAXIS

Handwriting Evaluations and Programmes

Therapy in Praxis offers an individualised programme according to your child's needs. Occupational Therapy staff will be completing the programme; we work to improve individual functioning and promote independence and engagement, as well as encouraging self-esteem and enjoyment in tasks that are found difficult.

The first stage of the process is completing an assessment. This will include both observation and formal tools. The formal tools measure visual perceptual capabilities that impact on writing skills. The observation tool will be a checklist based on observation of handwriting, noting detail such as letter formation, alignment, spacing, speed, grip, posture, legibility, and fluency.

We use a variety of handwriting programmes such as;

- 'Write from the Start',
- 'Handwriting Without Tears',
- 'Big Strokes for Little Folks'
- 'Speed up'

These programmes are used alongside additional activities that are chosen to address the underlying deficits which are influencing the child's handwriting. A variety of skills are required to complete handwriting effectively and with ease, such as;

- Visual Perceptual Skills
- Fine Motor Skills
- Cognition
- Form Constancy (Size and Shape)
- Figure Ground Discrimination
- Visual Discrimination
- Form Perception
- Bilateral Integration
- Spatial Awareness
- Visual Motor Skills
- Pressure Regulation
- Coordination
- Sensory Motor Skills
- Grip
- Body Awareness
- Posture and Shoulder Stability