



# STAR Institute

## What to Expect from your Occupational Therapy Evaluation

### EVALUATION

#### Length of Time

*The comprehensive occupational therapy evaluation is **three hours long** with time for breaks, as needed.*

#### Evaluation Includes

*The use of standardized assessments, clinical observations, and subjective reports about your sensory experiences.*

#### Evaluation Goal

*The goal of the assessment is to identify your sensory processing and integration strengths and vulnerabilities within your window of tolerance.*



**You are never required to endure any type of sensation that may result in feelings of distress or overwhelm.**

#### What to Wear

You will be asked to participate in various movement-based activities, so we recommend you wear **comfortable clothing** that provides adequate body coverage to help protect your privacy.

#### What to Bring

You are welcome to bring your own water, snacks, or other items you may need to help support your regulation and attention during testing. STAR will have water, fidgets, and rest breaks available while you are at the clinic.

#### Who Can Come

You are welcome to bring someone supportive with you to the assessment. If you do not wish to have the person in the testing room but want them nearby, there several comfortable places for them to wait.

**If you are the caregiver of an adolescent, you may leave STAR during the testing window. However, we require that there be an efficient way for your teen to access you, if needed.**

## SPECIAL CONSIDERATION

While this is never our intention, there is a chance that exposure to sensory input will trigger an uncomfortable emotional reaction, especially in individuals with a history of trauma.

If you are concerned about this, we recommend establishing support from a licensed mental health provider prior to participating in the evaluation.

Psychology Today is a great resource for locating a psychotherapist:

<https://www.psychologytoday.com/us/therapists>



### BEFORE the Evaluation:

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Prior to your evaluation, you will need to complete and return the following documents:

1. **Covid Response Form:** <https://form.jotform.com/210816961090151>.
  2. **Adult Health History Form:** <https://form.jotform.com/210546073690050>
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### Questions?

Call us at 303-221-7827

### Location & Parking

6911 S. Yosemite Street

Centennial, CO 80112

The entrance is at the rear of the building.

Please park in the parking lot on the side or rear of the building.

*We look forward to meeting you!*