

OCCUPATIONAL THERAPY



Weighted Vest Use

Includes:

- RECOMMENDED CONSIDERATIONS
- PROTOCOL FOR USE
- TRACKING FORM
- WEARING SCHEDULE





Recommended Considerations for use of WEIGHTED VEST PROTOCOL & TRACKING FORM

- ☑ Permission: The Occupational Therapist should have the permission of child's parent/legal guardian before initiating the use of a weighted vest with child. Documentation of such permission is suggested.
- ☑ Training: The Occupational Therapist should provide thorough training to the adult that is placing the child in the vest and monitoring the use of the vest. Documentation of such training is suggested.
- ☑ Monitor: The Occupational Therapist should advise the adult that is directly monitoring the use of the vest to beware of any negative reactions the child may have. If such occurs the adult should discontinue use of the vest and notify the Occupational Therapist. A weighted vest wearing schedule is provided that can be discreetly posted as a reminder to staff and/or child.
- ☑ Observation: The Occupational Therapist should periodically observe the child while he/she is wearing the vest to ensure that the fit is appropriate, the weight is correct, and the desired results are being achieved.
- ☑ Track Response: The Occupational Therapist should consider instructing the adult to track the child's response to the use of the vest to determine if desired positive effects are being achieved. A tracking form is provided (2 versions).



WEIGHTED VEST *Protocol for Use*

STUDENT NAME: _____ DATE OF BIRTH: _____

DATE: _____ TEACHER'S NAME: _____ PARENT/CAREGIVER APPROVAL:

OCCUPATIONAL THERAPIST'S NAME: _____

Benefits of Use: Weighted vests have been used for children that have difficulty with sensory modulation that affects focus and learning. The vest adds sensory input known as proprioception that may provide a calming effect. This input may help a child achieve an optimal level of arousal for the given task, thereby supporting a child's ability to attend and engage in on-task behavior. Weighted vests are commonly worn intermittently throughout the child's day.

How to Use:

- The vest supplied for _____ is the correct size for their age, weight, and stature.
- While wearing the weighted vest the child should have freedom of movement in their shoulders, arms, hips, and legs.
- There are small pockets located on the front and back of the vest. These pockets are designed to hold the small weight packs.
- The small weight packs should be evenly distributed within the pockets. Please do not move the weights around unless directed to do so by Occupational Therapy.
- The total weight should be approximately 5% of the child's total weight.
- _____ currently weighs _____ pounds and therefore requires a total of _____ pounds added to their vest.

Wearing Schedule:

It is recommended that _____ wear the vest at the following frequency throughout the day:

TIME VEST ON	DURATION	TIME VEST OFF

Setting(s) for Use:

It is recommended that _____ wear the vest in the following setting(s):

Precautions:

Discontinue use if child expresses discomfort or displays other unusual reactions. Report this and any additional concerns or questions to Occupational Therapy immediately.

ADDITIONAL INFORMATION: _____



WEIGHTED VEST

Tracking Use & Wearing Schedule

STUDENT NAME: _____ DATE OF BIRTH: _____ TEACHER'S NAME: _____

OCCUPATIONAL THERAPIST'S NAME: _____

DATE	TIME VEST ON	DURATION	TIME VEST OFF	TASK/ ACTIVITY	BEHAVIORS/EFFECTS		
					CALMING	MOVING/ FIDGETING	ATTENTION TO TASK



WEIGHTED VEST

Tracking Use & Wearing Schedule

STUDENT NAME: _____ DATE OF BIRTH: _____ TEACHER'S NAME: _____

OCCUPATIONAL THERAPIST'S NAME: _____

DATE	TIME VEST ON	DURATION	TIME VEST OFF	TASK/ ACTIVITY	BEHAVIORS/EFFECTS		
					CALMING	MOVING/ FIDGETING	ATTENTION TO TASK



WEIGHTED VEST

Wearing Schedule

STUDENT NAME: _____

TIME VEST ON	DURATION	TIME VEST OFF



WEIGHTED VEST

Wearing Schedule

STUDENT NAME: _____

TIME VEST ON	DURATION	TIME VEST OFF



WEIGHTED VEST

Wearing Schedule

STUDENT NAME: _____

TIME VEST ON	DURATION	TIME VEST OFF