Resources for OT Assessment for Adults with Intellectual/Developmental Disabilities (I/DD)

OT Assessment/Evaluation should be guided by “The OT Practice Framework” available through the American OT Association (AOTA).

Areas to focus on in assessment/evaluation should be guided by the “Occupational Profile” and the areas of occupation that the individual and the IDT want to focus on. With adults with I/DD this would be guided by the ISP Vision/Outcomes as well as areas affecting client health, safety and function. This should be combined with looking at the contexts of occupation – IE: Environmental Evaluation and other life contexts.

There are some Assessment Tools that OT’s have found to be particularly helpful with this population (this list is not meant to be inclusive):

The Canadian Occupational Performance Measure (COPM). Designed to be used with clients with a variety of disabilities and across all developmental stages. It is designed to be used as an outcome measure. This is a Standardized Tool. www.caot.ca


The Sensory Integration Inventory – Revised, for Individuals with Developmental Disabilities. Designed as a Screening Tool for individuals who may benefit from Treatment for Sensory Dysfunction. Describes behaviors and responses to everyday activities which may be indicators of Sensory Dysfunction. www.pdppro.com

The Adolescent/Adult Sensory Profile (Brown and Dunn). “Provides a standard method for professionals and individuals to measure and to profile the effect of sensory processing on functional performance.” Most appropriate for individuals aged 11-65+. www.SensoryProfile.com

Goal Attainment Scaling is a mathematical technique for measuring achievement of treatment goals/objectives. It can be used with a large variety of individuals. Goal Attainment Scaling produces a Goal Attainment Score (GAS) which allows you to track progress of individual goals or collective goals. The GAS can be converted into a standard T score. It has been utilized in OT and rehabilitation research. This concept is easy to apply and has great potential for outcomes research with Adults with I/DD. Goggle Goal Attainment Scaling for further information. Also see…


Also included in the OT Resources section of the NM DDSD – CSB Website:

Tools designed by Julie Mehrl, MOT, OTR/L through the NM DDSD – Clinical Services Bureau. May be used freely by OTs when used with individuals within the NM DD Waiver program. May be reproduced by other OTs with Source Acknowledgement.

The Occupational Therapy Assessment Data Form. Developed to assist in data collection during assessment of adults with I/DD. Not all assessment areas will be needed depending on that person’s ISP visions/outcomes and specific health or safety challenges.

The Environmental Access Inventory. Designed to look at Environmental Evaluation in terms of functional activities and the physical context of that activity.

A Sample Home Evaluation Cover Sheet and Evaluation Form.

A Functional Vision Evaluation Data Form for adults with I/DD.

OT Oral Motor, Oral Hygiene, and Eating Assessment Data Form for adults with I/DD.