



The use of a weighted blanket, weighted vest, or compression garment may be used only when recommended by an Occupational Therapist (OT) for a specific student and is not to be shared with another student. Use of a weighted or compression vest or weighted blanket can be an effective tool to help the student self-regulate while at school. The item can be used as part of the daily routine as recommended by the OT. *It should never be forced on a student.* If at any time the student does not want to wear the vest or use the blanket, do not insist that they do so. If the student becomes more dysregulated or may suddenly become sleepy, cease use of the item immediately and contact the OT. With the blanket, never wrap the student or cover the face. The student should be able to remove the blanket themselves. If a parent/caregiver requests that a weighted or compression item be used at school, please contact the district OT.

To implement a weighted vest or blanket, or a pressure vest in a safe and efficient way, the following plan must be completed by the OT and must be reviewed by the Case Manager (e.g. ISP teacher) at least every 6 months, and by an OT every year or as required. Should concerns arise prior to the scheduled reviews, please contact the OT.

Date:	
Student Legal Name:	
Student Date of Birth:	
School:	
Weight of Vest or Blanket:	

INDICATIONS FOR USE (i.e. student is agitated, student seeks deep pressure, etc.)

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INSTRUCTIONS FOR USE (i.e. maximum 20 minutes on at a time, then off for at least 20 minutes).

The vest should be used during specific activities such as seatwork, circle time, walk to office, etc. The vest should not be used during gym, or lunch breaks. The vest or blanket should not be used if the child is unsupervised.

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Team Members	Name (please print)	Signature
Occupational Therapist:		
ISP Teacher:		
Education Assistant:		
Teacher / Vice-Principal:		
Principal:		
Parent/Guardian 1:		
Parent/Guardian 2:		