NHS Borders

Children and Young People's Occupational Therapy Service

Examples of completed problem solving tool.

Problem

Tantrum when we go to the Supermarket

Contributing Factors

Visual
Lights
Patterns
Too much stuff

Taste

Smell
Deli
Food tasting
Bakery
Fishmonger cleaning

Auditory
Music
Squeaky trolley
Tannoy
Checkout beep
Scrunchy packets

Touch
People brushing past
Clothes on
Temperature
Touching trolly
Food packets

Proprioception
Body awareness

Spatial awareness

Vestibular
Balance
Reaching up
Bending down

Things to try

1.
2.
3.
4.
5.
6.

Problem

Meltdown
in home
economics

Contributing Factors

Visual

Bright lights
Patterns
Too much
stuff

Auditory

Noise of
blenders
and
mixers

Smell

Food
smells
Cleaning
Fluids smells

Taste

Being asked
to taste foods

Touch

People
brushing
past
Oven
temperature
Touching food
Food packets

Proprioception

Body
awareness
Spatial
awareness

Vestibular

Balance
Reaching up
Bending down

Things to try

1.

2.

3.

4.

5.

6.