

# Care Plan Checklist

- DNA testing, genetic counseling for information and cascade testing, especially for females.
- Grief and supportive counseling for family.
- Hearing assessment with an audiologist.
- Vision assessment with an optometrist and ophthalmologist.
- Assessment with a podiatrist or physical therapist for orthotics and orthopaedic health.
- Speech and language therapist to optimize communication strategies.
- Psychologist to assess for IQ, ADHD, and ASD, behavior management strategies
- Occupational therapist for skills and access within a workplace and day programs; sensory issues, coping, and self-regulation skills; daily life skills and engagement in finding a balance in work, life, social, recreation, and wellness.
- Developmental paediatrician/neurologist/psychiatrist familiar with FXS
- Primary care physician for preventive health screen check.
- Financial aid applications for funding.
- Information on support organizations, such as the NFXF.
- Multidisciplinary assessment at a Fragile X Consortium Clinic.