

## 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.