

Prepared and Ready: Equipping Students for Meaningful Post-secondary Opportunities

Compendium of Evaluation Checklists, Tools, and Measures



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Compendium of Evaluation Checklists, Tools, and Measures for Students with Disabilities Related to Work Preparedness¹⁻¹²⁴

Choose from these tests as appropriate or applicable for your individual student. These physical therapy evaluation checklists, tools, and measures guide the assessment of individualized information to drive post-secondary transition planning related to work preparedness. This list provides a toolbox of options for you to consider in the development of a battery of outcome measures that is personalized to each student. The “Other/Notes” section can be used to customize this compendium, individualize for a student, or add notes. Items with specific citations are formal outcome measure options within that category. The “Outcome Measure/Assessment Tool Reference Chart” can be used as a resource for accessing formal outcome measures referenced within the compendium, as well as finding information on cost and availability in the North Carolina Department of Public Instruction School-Based Physical Therapy Lending Library.¹²⁴ Formal outcome measures normative reference data and minimal clinically important difference (MCID) values should be used to guide the development of goals. The use of this compendium to evaluate students with a focus on work preparedness should inform goal writing, interventions, and plan of care development.

It is recommended that this compendium be used as early as possible (consider around age 10) in order to enhance patient care and optimize patient success. The student’s independence and self-determination should be developed and fostered from an early age by offering choices and engaging the student in decision-making. Evaluating students on measures related to work preparedness starting at a young age can help to:

- draw focus on the student’s authentic interests and preferences
- foster their capabilities, and
- optimize their opportunities as engaged members of the community.

Assessments should continue over time to reflect how the student progresses and evolves over time. Please refer to the accompanying “Clinician Resource Guide” document for more information and guidance on this topic, including physical therapy intervention suggestions related to work preparedness.

Patient Information

(interests, current level of function, strengths, etc.)

- Interests
- Preferences
 - e.g. Preferences for Activities of Children (PAC)⁵²
- Hobbies, recreation, fitness, and leisure activities
- Current level of function
- Communication abilities and strategies
- Social and personal skills
- Strengths and weaknesses
- Impairments
- Abilities and skills
- Barriers
- Social Determinants of Health¹²³
- Family and home life

Durable Medical Equipment

(description of equipment including orthotics, wheelchair, devices, etc.)

- Orthotics
- Prosthetics
- Mobility equipment
 - (i.e. wheelchair, walker, crutches, etc.)
- Augmentative communication devices
- Adapted environment equipment
 - (i.e. adapted seats, toilets, eating utensils, etc.)

Work-related Interests and Preferences

(career interests, work preferences, etc.)

- Attitude towards work
- Career interests
 1. Career One Stop: Interest Assessment⁵³
 2. Occupational Aptitude Survey and Interest Assessment, Second Edition⁵⁴
 3. Self-Directed Search⁵⁵
 4. Career Key⁵⁶
- Work preferences
 1. Communication flashcards
 2. Zarrow: work preferences tools⁵⁷

Independence and Decision-Making

(self-determination, supported decision making, etc.)

- Self-Determination
 1. Choice Maker Self-Determination Assessment⁵⁸
 2. American Institute for Research (AIR) Self-Determination Assessment⁵⁹
 3. Arc Self-Determination Scale⁶⁰
- Supported Decision Making
 1. When Do I Want Support? Assessment⁶¹

Academic Skills

(cognition, academic level, languages, etc.)

- Cognition
- Aptitude
 - e.g. Differential Aptitude Test⁶²
- Academic Level and Reading Level
- Languages
- Standardized Test Scores
- Preferred feedback methods and most effective feedback or cues

Quality of Life

(health related quality of life, psychosocial screenings, pain, etc.)

- Health Related Quality of Life
 1. Child Health Index of Life with Disabilities⁶³
 2. Kidscreen⁶⁴
 3. Pediatric Quality of Life Inventory⁶⁵
 4. Quality of Well Being Scale⁶⁶
 5. Child Health Assessment Questionnaire⁶⁷
 6. Neurological Quality of Life Measure (Neuro-QOL)¹²²
- Psychosocial screenings
 - e.g. Beck Depression Inventory⁶⁸
- Pain
 1. McGill Pain Exaggeration Inventory⁶⁹
 2. Ransford Pain Exaggeration Inventory⁷⁰
 3. Faces Pain Scale⁷¹
 4. Pain Drawing Chart⁷²

Activity and Participation

(activities of daily living, participation, transportation, safety, etc.)

- Activities of Daily Living (ADL)
 - e.g. Pediatric Evaluation of Disability Inventory (PEDI)⁷³
- Participation
 1. Child and Adolescent Scale of Participation (CASP)⁷⁴
 2. Assessment of Life Habits (LIFE-H)⁷⁵
 3. Children's Assessment of Participation and Enjoyment (CAPE)⁷⁶
 4. Participation and Environment Measure – Children and Youth⁷⁷
 5. Miller Function and Participation Scales⁷⁸
- Functional activity
 1. Activity Rating Chart⁷⁹
 2. Activity Scale for Kids (ASK)⁸⁰
 3. School Function Assessment (SFA)⁸¹
 4. Functional Independence Measure for Children (WeeFIM)⁸²
- Environment
 1. Child and Adolescent Scale of Environment (CASE)¹¹⁹

2. Child and Adolescent Factors Inventory (CAFI)¹²⁰

- Household chores
- Dressing
- Toileting
- Hygiene and bathing
- Self-care
- Meal preparation
- Eating
- Transportation
- Sleep
- Safety in various environments
- Sensory sensitivities
(i.e. sensitivity to noise, light, smells, small rooms, etc.)

Basic Assessment Tests

(range of motion, manual muscle testing, posture, etc.)

- Range of Motion (ROM)
- Manual Muscle Testing (MMT)
- Tone/Spasticity
e.g. Modified Ashworth Scale (MAS)⁸³
- Reflexes
- Sensation
- Vision
- Posture
- Body Composition
- Vitals
- Systems Review
(i.e. Musculoskeletal, Neuromuscular, Cardiovascular, Pulmonary, Integumentary, etc.)

Performance Tests

(endurance, balance, gross motor performance, functional mobility, etc.)

- Aerobic capacity

1. Cycle Ergometer Test⁸⁴
 2. Canadian Aerobic Fitness Test (CAFT) Step Test⁸⁵
- Endurance
 3. 6 Minute Walk Test⁸⁶
 4. 2 Minute Walk Test⁸⁷
 5. 30 Second Walk Test⁸⁸
 6. Energy Expenditure Index⁸⁹
 7. Shuttle Run Test⁹⁰
 8. Walker Shuttle Run Test⁹¹
 9. Rated Perceived Exertion Scale⁹²
 - Agility
 - Power
 - Speed
 - Reaction time
 - Coordination
 - e.g. Clinical Observation of Motor and Postural Skills (COMPS)⁹³
 - Balance
 1. Berg Balance Scale⁹⁴
 2. Pediatric Balance Scale⁹⁵
 3. Early Clinical Assessment of Balance (ECAB)⁹⁶
 4. Pediatric Functional Reach Test⁹⁷
 - Strength
 1. 5-Position Grip Test⁵¹
 2. Grasping strength with dynamometer
 3. Push/Pull strength with dynamometer
 4. Progressive Isoinertial Lifting Evaluation (PILE) Test of Lifting Tolerance⁹⁸
 - Positional tolerance
 - e.g. Positional Tolerance Testing⁹⁹
 - Gross motor performance
 1. Bruininks-Oseretsky Test of Motor Proficiency (BOTP-2)¹⁰⁰
 2. Gross Motor Function Measure (GMFM)¹⁰¹
 3. Gross Motor Performance Measure (GMPM)¹⁰²
 4. High Level Mobility Assessment Tool (HiMAT)¹⁰³
 5. Motor Function Measure¹⁰⁴
 6. Peabody Developmental Motor Scales Second Edition (PDMS-2)¹⁰⁵

7. Test of Gross Motor Development Second Edition (TGMD-2)¹⁰⁶
8. Movement Assessment Battery for Children¹⁰⁷
- Functional mobility
 1. Functional Mobility Scale¹⁰⁸
 2. Dynamic Gait Index¹⁰⁹
 3. Observational Gait Scale¹¹⁰
 4. 5 Times Sit to Stand¹¹¹
 5. 30 Second Sit to Stand¹¹²
 6. Squat to Stand¹¹³
 7. Timed Floor to Stand¹¹⁴
 8. Timed Up and Go¹¹⁵
 9. Timed Up and Down Stairs¹¹⁶
 10. Standardized Walking Obstacle Course¹¹⁷
 11. Functional Movement Screen¹²¹

Job-Specific Skill Tests

(gross motor: lift, push, squat, crouch, etc. & fine motor: tool use, sorting, etc.)

- Gross motor job-specific skills (modeled from Functional Capacity Evaluation)^{44-46,51}
 1. Job Simulation Circuit
 2. Push Cart Test
 3. Pull Cart Test
 4. Lift Test (from ground, overhead)
 5. Reach Test (front, side, across)
 6. Reach with Weight Test
 7. Carry Test (bilateral/unilateral)
 8. Walk Test
 9. Climb Test (ladder, large step, stairs)
 10. Balance Test
 11. Weighted Material Handling/Bimanual Handling
 12. Positional Tolerance Non-Material Handling
 - ◇ sitting
 - ◇ squatting
 - ◇ standing

- ◇ crawling
- ◇ crouching
- ◇ stooping
- ◇ kneeling
- Fine motor job-specific skills (modeled from Functional Capacity Evaluation)^{44-46,51}
 1. Purdue Pegboard¹¹⁸
 2. Fingering/Bimanual Fingering
 3. Feeling
 4. Tool Use
 5. Sorting
- Work activity performance ability (modeled from Functional Capacity Evaluation)^{44-46,51}
 1. Functional Capacities and Disability Evaluations Work Categories and Frequency⁴⁵
 - ◇ Category: sedentary, light, medium, heavy, very heavy
 - ◇ Frequency: Never, rarely, occasionally, frequently, constantly

Other Post-Secondary Transition Assessment Toolkits and Resources

- Fit4Work: Screen and Work Capacity Evaluation³
Johnson C. Fit4Work: Fitness for Vocational Tasks for Youth with Disabilities: Second Edition.
- North Carolina Division on Career Development and Transition: Assessments
<http://ncdcdt.org/primary-trans-resources/>
- Transition Coalition: Assessment Reviews
https://transitioncoalition.org/tc-assessment-reviews/?cat_ID=48
- Transition Services Liaison Project Quickbook of Assessments
https://www.ocali.org/up_doc/Quickbook_of_Transition_Assessment.pdf

Other/Notes:

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Outcome Measure/Assessment Tool Reference Chart

Some assessments are available in the North Carolina Department of Public Instruction School-Based Physical Therapy Lending Library found at:
<https://sites.google.com/dpi.nc.gov/sbpt-lendinglibrary/home>¹²⁴

| Outcome Measure/ Assessment Tool | Details | Cost | Available in lending library? |
|--|---|-------------|--|
| Preferences for Activities of Children (PAC) ⁵² | https://www.sralab.org/rehabilitation-measures/childrens-assessment-participation-and-enjoyment-preferences-activities | \$199 | Yes |

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|--|---|-------------------------|----|
| Career One Stop: Interest Assessment ⁵³ | https://www.careeronestop.org/Toolkit/Careers/interest-assessment.aspx | Free | No |
| Occupational Aptitude Survey and Interest Assessment, Second Edition ⁵⁴ | https://www.proedinc.com/Products/10130/oasis3as-occupational-aptitude-survey-and-interest-schedulethird-edition.aspx | \$201 | No |
| Self-Directed Search ⁵⁵ | http://www.self-directed-search.com | \$9.95 | No |
| Career Key ⁵⁶ | https://www.careerkey.org/career-tests/index.html | \$14.95 | No |
| Zarrow: work preferences tools ⁵⁷ | http://www.ou.edu/education/centers-and-partnerships/zarrow | Free | No |
| Choice Maker Self-Determination Assessment ⁵⁸ | http://www.ou.edu/education/centers-and-partnerships/zarrow/self-determination-assessment-tools/choicemaker-self-determination-assessment | Free | No |
| American Institute for Research (AIR) Self-Determination Assessment ⁵⁹ | http://www.ou.edu/education/centers-and-partnerships/zarrow/self-determination-assessment-tools/air-self-determination-assessment | Free | No |
| Arc Self-Determination Scale ⁶⁰ | http://www.ou.edu/education/centers-and-partnerships/zarrow/self-determination-assessment-tools/arc-self-determination-scale | Free | No |
| When Do I Want Support? Assessment ⁶¹ | http://supporteddecisionmaking.org/node/449 | Free | No |
| Differential Aptitude Test ⁶² | https://www.sralab.org/rehabilitation-measures/differential-aptitude-test | \$60 | No |
| Child Health Index of Life with Disabilities ⁶³ | https://lab.research.sickkids.ca/pscoreprogram/cpchild/ | Free | No |
| Kidscreen ⁶⁴ | https://www.kidscreen.org/english/questionnaires/ | Free | No |
| Pediatric Quality of Life Inventory ⁶⁵ | https://www.sralab.org/rehabilitation-measures/pediatric-evaluation-disability-inventory | \$171.55 | No |
| Quality of Well Being Scale ⁶⁶ | https://www.sralab.org/rehabilitation-measures/quality-well-being-and-self-administered-version | Free not-for-profit use | No |

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| Child Health Assessment Questionnaire ⁶⁷ | https://www.niehs.nih.gov/research/resources/assets/docs/chaq_instructions_508.pdf | Free | No |
| Beck Depression Inventory ⁶⁸ | https://www.sralab.org/rehabilitation-measures/beck-depression-inventory | \$115 | No |
| McGill Pain Exaggeration Inventory ⁶⁹ | https://www.sralab.org/rehabilitation-measures/mcgill-pain-questionnaire | Free | No |
| Ransford Pain Exaggeration Inventory ⁷⁰ | https://compassionandsupport.org/wp-content/uploads/sites/2/2019/08/PainScaleRansford.pdf | Free | No |
| Faces Pain Scale ⁷¹ | https://www.iasp-pain.org/Education/Content.aspx?ItemNumber=1519 | Free | No |
| Pain Drawing Chart ⁷² | https://mhealth.jmir.org/2019/9/e14569/ | Free | No |
| Pediatric Evaluation of Disability Inventory (PEDI) ⁷³ | https://www.sralab.org/rehabilitation-measures/pediatric-evaluation-disability-inventory | \$171.55 | No |
| Child and Adolescent Scale of Participation (CASP) ⁷⁴ | https://www.canchild.ca/en/resources/225-the-child-and-adolescent-scale-of-participation-casp | Free | No |
| Assessment of Life Habits (LIFE-H) ⁷⁵ | https://www.sralab.org/rehabilitation-measures/assessment-life-habits | \$288 | No |
| Children's Assessment of Participation and Enjoyment (CAPE) ⁷⁶ | https://www.sralab.org/rehabilitation-measures/childrens-assessment-participation-and-enjoyment-preferences-activities | \$199 | Yes |
| Participation and Environment Measure – Children and Youth ⁷⁷ | https://www.sralab.org/rehabilitation-measures/young-childrens-participation-and-environment-measure | \$99 | No |
| Miller Function and Participation Scales ⁷⁸ | https://www.sralab.org/rehabilitation-measures/miller-function-participation-scales | \$466 | Yes |
| Activity Rating Chart ⁷⁹ | https://stepsforliving.hemophilia.org/resources/physical-activity/playing-it-safe-activity-ratings-chart | Free | No |
| Activity Scale for Kids ⁸⁰ | http://www.activityscaleforkids.com | \$150 | No |

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| School Function Assessment ⁸¹ | https://www.sralab.org/rehabilitation-measures/school-function-assessment | \$243.50 | Yes |
| Functional Independence Measure for Children (WeeFIM) ⁸² | https://link.springer.com/referenceworkentry/10.1007%2F978-0-387-79948-3_1607 | \$4100 | No |
| Modified Ashworth Scale ⁸³ | https://www.sralab.org/rehabilitation-measures/ashworth-scale-modified-ashworth-scale | Free | No |
| Cycle Ergometer Test ⁸⁴ | https://www.topendsports.com/testing/test/s/ymca-submax-cycle.htm | Free | No |
| Modified Canadian Aerobic Fitness Test (MCAFT) Step Test ⁸⁵ | http://www.medicine.mcgill.ca/physio/vlab/exercise/protocol_new.htm | Free | No |
| 6 Minute Walk Test ⁸⁶ | https://www.sralab.org/rehabilitation-measures/6-minute-walk-test | Free | No |
| 2 Minute Walk Test ⁸⁷ | https://www.sralab.org/rehabilitation-measures/2-minute-walk-test | Free | No |
| 30 Second Walk Test ⁸⁸ | https://www.ncbi.nlm.nih.gov/pubmed/29252830 | Free | No |
| Energy Expenditure Index ⁸⁹ | https://www.ncbi.nlm.nih.gov/pubmed/1918341 | Free | No |
| Shuttle Run Test ⁹⁰ | https://www.topendsports.com/testing/test/s/shuttle-30ft-agility.htm | Free | No |
| Walker Shuttle Run Test ⁹¹ | https://onlinelibrary.wiley.com/doi/full/10.1111/j.1469-8749.2010.03893.x | Free | No |
| Rated Perceived Exertion Scale ⁹² | https://my.clevelandclinic.org/health/articles/17450-rated-perceived-exertion-rpe-scale | Free | No |
| Clinical Observation of Motor and Postural Skills (COMPS) ⁹³ | https://www.therapro.com/Browse-Category/Gross-Motor-Fine-Motor/Clinical-Observations-of-Motor-and-Postural-Skills-2nd-Edition-COMPS.html | \$100 | No |
| Berg Balance Scale ⁹⁴ | https://www.sralab.org/rehabilitation-measures/berg-balance-scale | Free | No |
| Pediatric Balance Scale ⁹⁵ | https://www.sralab.org/rehabilitation-measures/pediatric-balance-scale | Free | No |

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| Early Clinical Assessment of Balance (ECAB) ⁹⁶ | https://canchild.ca/en/research-in-practice/current-studies/on-track/on-track-measures | Free | No |
| Pediatric Functional Reach Test ⁹⁷ | https://www.sralab.org/rehabilitation-measures/functional-reach-test-modified-functional-reach-test | Free | No |
| 5-Position Grip Test ⁵¹ | https://www.orthopt.org/uploads/content_files/OHSIG_Guidelines/OHSIG_guidelines_2/Occupational_Hlth_PT_Evaluating_Functional_Capacity_040610_2_.pdf | Free | No |
| Progressive Isoinertial Lifting Evaluation (PILE) Test of Lifting Tolerance ⁹⁸ | https://us.humankinetics.com/blogs/excerpt/progressive-isoinertial-lifting-evaluation-pile | Free | No |
| Positional Tolerance Testing ⁹⁹ | https://www.aota.org/About-Occupational-Therapy/Professionals/WI/Capacity-Eval.aspx | Free | No |
| Bruininks-Oseretsky Test of Motor Proficiency (BOTP-2) ¹⁰⁰ | https://www.sralab.org/rehabilitation-measures/bruininks-oseretsky-test-motor-proficiency-second-edition | \$898 | No |
| Gross Motor Function Measure (GMFM) ¹⁰¹ | https://www.sralab.org/rehabilitation-measures/gross-motor-function-measure-66 | \$119 | Yes |
| Gross Motor Performance Measure (GMPM) ¹⁰² | https://www.canchild.ca/en/resources/185-developing-and-validating-the-gmpm | ? | No |
| High Level Mobility Assessment Tool (HiMAT) ¹⁰³ | https://www.sralab.org/rehabilitation-measures/high-level-mobility-assessment-tool | Free | No |
| Motor Function Measure ¹⁰⁴ | https://www.sciencedirect.com/science/article/abs/pii/S0960896605001112 | ? | No |
| Peabody Developmental Motor Scales Second Edition (PDMS-2) ¹⁰⁵ | https://www.sralab.org/rehabilitation-measures/peabody-developmental-motor-scales-second-edition | \$530 | No |
| Test of Gross Motor Development Second Edition (TGMD-2) ¹⁰⁶ | https://www.therapro.com/Browse-Category/Gross-Motor-Fine-Motor/Test | \$133 | Yes |

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| | of-Gross-Motor-Development-TGMD-2.html | | |
| Movement Assessment Battery for Children ¹⁰⁷ | https://www.pearsonassessments.com/store/usassessments/en/Store/Professional-Assessments/Motor-Sensory/Movement-Assessment-Battery-for-Children-%7C-Second-Edition/p/100000433.html | \$1147.30 | No |
| Functional Mobility Scale ¹⁰⁸ | https://www.sralab.org/rehabilitation-measures/functional-mobility-scale | Free | No |
| Dynamic Gait Index ¹⁰⁹ | https://www.sralab.org/rehabilitation-measures/dynamic-gait-index | Free | No |
| Observational Gait Scale ¹¹⁰ | https://commondataelements.ninds.nih.gov/report-viewer/24790/Observational%20Gait%20Scale | Free | No |
| 5 Times Sit to Stand ¹¹¹ | https://www.sralab.org/rehabilitation-measures/five-times-sit-stand-test | Free | No |
| 30 Second Sit to Stand ¹¹² | https://www.sralab.org/rehabilitation-measures/30-second-sit-stand-test | Free | No |
| Squat to Stand ¹¹³ | https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5427753/ | Free | No |
| Timed Floor to Stand ¹¹⁴ | https://www.ncbi.nlm.nih.gov/pubmed/27088690 | Free | No |
| Timed Up and Go ¹¹⁵ | https://www.sralab.org/rehabilitation-measures/timed-and-go | Free | No |
| Timed Up and Down Stairs ¹¹⁶ | https://journals.lww.com/pedpt/Fulltext/2004/01620/Timed_Up_and_Down_Stairs_Test_Preliminary.3.aspx | Free | No |
| Standardized Walking Obstacle Course ¹¹⁷ | https://journals.lww.com/pedpt/fulltext/2004/01610/performance_on_the_standardized_walking_obstacle.29.aspx | Free | No |
| Functional Capacity Evaluation ^{44-46,51} | https://www.orthopt.org/uploads/content_files/OHSIG_Guidelines/OHSIG_guidelines_2/Occupational_Hlth_PT_Evaluating_Functional_Capacity_040610_2.pdf | Varies | No |
| Purdue Pegboard ¹¹⁸ | https://www.sralab.org/rehabilitation-measures/purdue-pegboard-test | \$150 | No |
| Child and Adolescent Scale of Environment (CASE) ¹¹⁹ | https://www.canchild.ca/en/resources/226-the-child-and-adolescent-scale-of-environment-case | Free | No |

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| Child and Adolescent Factors Inventory (CAFI) ¹²⁰ | https://www.canchild.ca/en/resources/227-the-child-and-adolescent-factors-inventory-cafi | Free | No |
| Functional Movement Screen ¹²¹ | https://www.physio-pedia.com/Functional_Movement_Screen_(FMS) | ? | No |
| Neurological Quality of Life Measure (Neuro-QOL) ¹²² | https://www.physio-pedia.com/Functional_Movement_Screen_(FMS) | Free | No |

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