**Lifespan Psychosocial Cognitive Development Issues & Implications for the Physical Therapist Assistant**

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| **Age Stage** | **Psychosocial Cognitive Stage** | **Developmental Tasks / Key Issues** | **Important Influences** | **How can your interaction as a PTA express sensitivity to these key issues?**  **(Be Specific)** |
| **0-18  months** | Trust vs. Mistrust  Sensorimotor stage | -Attachment; developing trust and self, parents, and world  -associating sensory experiences with physical action | -Involved caregivers with loving interaction  -repetition and imitation | -ability to make this age group feel secure and safe while learning and completing activities  -be animated and |
| **2-3 y** | Autonomy vs. Shame and Doubt | Developing feelings and control over behavior realizing intentions can be acted out. Beginning of independence and self-control | Supportive parents and caregivers. A therapist who is firm but not threatening | Became mobile and can act out. Imitates and models others - supportive parents are crucial. Set reasonable limits. |
| **2/3 y -6/7 y** | Initiative vs Guilt | Developing a sense of self and responsibility for one’s own actions; initiates own activity; a time when active exploration can be either encouraged or made to produce guilt. | Supportive parents, caregivers, and therapists. | Children need to be able to make some decisions and exercise some choices regarding activity; activities need to have a purpose and direction; therapist should allow children some degree of choice in activity. |
| **6/7 y- 11 y** | Industry vs. Inferiority | -Developing sense of self-worth through interaction with peers  -Works on projects for recognition  -Develops mastery and competence | -Encouraging educational setting and supportive teachers, caregivers, and therapists | -Can have them engage in activities that allow them to perform with their peers and help them with any difficulties they may have with those activities. |
| **11yr-Adolescence** | Identity vs. role confusion | Developing a strong sense of identity; selecting from among many potential selves | Supportive caregivers and teachers, role models, and peers | Self-image issues and body awareness may present challenges during therapy. Being mindful of exercise choices, communication and providing resources as needed can make the therapeutic process more effective for this population |