

## Information on Occupational Therapy Services Available for Purchase

Occupational therapy services may be purchased to assess and treat the following developmental needs:

- Self-care routines –dressing, oral hygiene, and self-feeding (e.g. brushing teeth, using a spoon for eating, buttons and zippers)
- Planning and Organization – to be ready for the responsibilities of the day
- Writing – learning to effectively use pen/pencil and paper, a keyboard or even specialized technology
- Fine Motor or Hand Skills – learning to use the tools that help us get things done. Things like a pencil, scissors, or glue
- Playing – promoting overall development, using toys, and playing with friends and family.
- Visual Perception—letter reversals, printing, patterns
- Sensory Processing – education and consultative strategies for children who over- or under-react to touch, taste, smell, sights, noise, and/or movement.

**Sensory:** Occupational Therapy Purchased Services includes access to a sensory assessment to explore sensory processing differences that are impacting a child's participation in daily activities. A sensory assessment is appropriate for children who are struggling to manage and respond to information that they are receiving through their senses. The sensory assessment will provide families with a better understanding of their child's strengths and challenges related to sensory processing. Families will collaborate with their Occupational Therapist to develop consultative strategies and recommendations to facilitate functional self-regulation and sensory processing skills so that their child may participate in daily activities to their fullest potential. Purchased Services does not include sensory integration therapy or "desensitization". One visit is available to complete the sensory assessment. Based on the child's needs, 1-5 follow-up visits are available for consultative strategy sessions with your Occupational Therapist.

All children and youth, whether or not they have an identified condition or diagnosis, are welcome to purchase the occupational therapy services offered. Services to help with sensory skills or self-regulation are only available through regular government funded CTC-CK programs and cannot be purchased at this time.

Occupational Therapists will use evidence-based practice to build everyday skills in a fun and naturalistic setting. Occupational Therapy Assistants, (OTA's), under the supervision of an occupational therapist also provide therapy sessions. Whenever possible, OT's and OTA's will utilize a play based approach that maximizes engagement, participation and learning, and supports generalization of skills to the home, school and community. OT's and OTA's work as a team with each family to create a service treatment plan that fits into their lifestyle, builds trust and helps achieve shared outcomes. If a client is already receiving government funded services at the Children's Treatment Centre or services from another provider, the OT will share

information as appropriate, to help ensure everyone is working together to meet client and family goals and needs.

## Occupational Services Families Can Purchase

The occupational therapy services available for purchase include assessment, individual therapy sessions, and strategy sessions. Assessments and strategy sessions are only provided by an occupational therapist. An Occupational Therapy Assistant, (OTA's), under the supervision of an occupational therapist, may provide individual therapy sessions. The Occupational Therapist can provide information to help families choose services for their child. The following services are available for purchase:

- **Assessment** by an Occupational Therapist may include play, fine motor, handwriting, planning and organization, or visual perception, depending on the family's concerns and their child's needs. This includes a report of assessment results, goals to work on, and recommendations.
- **Individual therapy** sessions at the Children's Treatment Centre. These sessions will focus on accomplishing new goals, practicing newly learned skills, or helping the client learn to use new skills in different situations. A recent assessment by an Occupational Therapist is required. The Occupational Therapist will determine if a previously completed assessment meets the needs of the client and family with regard to the services requested, date completed, and areas assessed. Individual therapy sessions can be provided by an OT or an OTA. Parent/caregiver participation is encouraged.
- **Strategy** session with an occupational therapist to provide information on development, strategies, and handouts for parents and caregivers to use at home to help their child achieve occupational therapy goals. A recent assessment by an occupational therapist is required. The Occupational Therapist will determine if a previously completed assessment meets the needs of the client and family with regard to the services requested, date completed, and areas assessed.

## Fees for Occupational Therapy Services

Rehabilitation services, including occupational therapy, are not covered by OHIP, but may be covered by a family's extended health insurance benefits. The fees listed include the costs associated with both direct and indirect OT services including report writing, charting, and case planning and supervision of an OTA/PTA.

Provider	Assessment	45 Min Individual Therapy	60 Min Individual Therapy	45 Min Strategy Session	60 Min Strategy Session	30 Min Individual Therapy
Occupational Therapy	\$170	\$125	\$145	\$125	\$145	\$80