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Community
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Centre

Centre d'accès
aux soins
communautaires
du Sud-Ouest

www.sw.ccac-ont.ca



Making Your Child's Therapy Work – Information for Parents

Your help is extremely important

The dietitians, occupational therapists, physiotherapists and speech-language pathologists at the South West Community Care Access Centre provide assessment, therapy and consultation for hundreds of children each year.

If your child is receiving help, it is important for you to know who is involved and what everyone's responsibilities are.

Generally speaking, therapy is provided on a consultative basis. The therapist assesses the student, formulates a plan and recommendations, identifies who will carry out

the recommendations and updates the plan as needed. Therapy without the help of parents, teachers, educational assistants and others is often not enough to ensure success.

How can parents make a difference?

Imagine you want to teach your child to print their name. Would you work on it only at regularly scheduled sessions and forget about it the rest of the time?

Of course not. Your child would forget everything from one session to the next. You would work on it for a minute or two, several times a day, as the opportunity presented itself. That's how learning is reinforced.

Without your help, the therapists, visiting at most a few times a month, would be unsuccessful in teaching a child a new task! Therapy is like that. Therapists need to work together to set goals for your child and achieve them. They need your help to make sure your child works on his/her goals daily – not just when the therapist comes – and gets the most from this program.

Success is almost always assured when the student, family, school and therapist are working together on a common goal.

Everyone has responsibilities The child needs to participate willingly in therapy and

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practice at home and at school.

The parent needs to help the child with a home program, attend meetings as needed, keep in touch with the therapist and provide copies of reports that may be of use to the therapist.

**** Please let the therapist know if your child is not going to be at school for a scheduled visit.**** You can leave a message for your child's Care Coordinator or therapist at any time. **Please ask them for their contact information.**

The school needs to provide a space for the child and therapist to work, tell the therapist about school events that may interfere with scheduled visits, and provide a contact person as well as someone to help with practice.

The therapist needs to visit as planned, keep in touch with parents and school and provide practice activities for the school and home.

The Care Coordinator needs to

monitor the child's progress, reassess the Plan of Care with the parents, ensure services are provided as planned and help decide what services need to continue.

When does therapy Stop? Therapy will not continue indefinitely. Ideally, it should end when goals are met or when the student, family and teachers are able to carry on the program independently.

Therapy may be terminated before goals are met for the following reasons:

- if you decide that you don't want your child to have any more therapy
- if the school or family are unwilling or unable to participate in the therapy program
- if your child is not available to come to therapy
- if the student is unmotivated or unwilling to participate
- if the school is unable to provide a space for therapy
- if the student is not making progress toward his/her goals.

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