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South West
CCAC CASC

Community
Care Access
Centre

Centre d'accès
aux soins
communautaires
du Sud-Ouest

www.sw.ccac-ont.ca



Occupational Therapy (OT) Consultation: What to expect

Your child has been identified as having a fine motor delay and/or sensory difficulties that are impacting on his or her ability to do many daily activities at school and at home. The school has been working with your child on these concerns but has now identified that your child has a functional issue that would benefit from help from a health professional. The school has requested a referral to the CCAC for an Occupational Therapy (OT) assessment.

Care Coordinator Assessment:

- A Care Coordinator from the CCAC will be contacting you to do an interview as well as reviewing information from the school and any other agencies/health professionals that your child has seen. This will assist in determining the extent of the functional difficulties and make sure that a referral for an Occupational Therapy (OT) assessment is

the best approach for your child to meet his or her needs.

- If your child has learning difficulties, attention deficits and/or behavioural issues, the Care Coordinator will discuss with you and the school how your child is being assisted with these concerns. The Care Coordinator may assist you in acquiring a full medical/ developmental assessment from an appropriate health specialist if not previously done. This may be recommended to be completed prior to seeing the therapist, so that the OT assessment and strategies for fine motor delays and/or sensory difficulties can be implemented most effectively.
- Once the Care Coordinator completes the assessment and determines that your child has fine motor difficulties and/or sensory difficulties that are impacting many aspects of daily activity and

affecting full participation in school routines and activities, she or he will make a referral for your child to an Occupational Therapist (OT).

Occupational Therapy Assessment and Consultation:

- Your child will be assessed by an OT to determine the specific factors that are contributing to these functional problems. This will be done by gathering information from you and the school, reviewing other professionals' information, watching your child perform tasks at school and using standardized tests that will compare your child's performance to the performance of his or her age group.
- Once the assessment is completed, the OT will be making recommendations for your child indicated by the results of the assessment, for you and the school to follow.

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- You can expect your child to be seen by the OT between 3-8 times within 4–6 months. The number of times and length of time will vary according to the severity and number of difficulties identified for your child.
- You can also expect to meet with the school and the therapist to review the assessment findings and to go over and learn strategies and recommendations which you and the school can use with your child to help him or her in daily activity. The maximum benefit will be achieved when your child, you and the teacher follow a consistent, day to day use of these strategies and recommendations.
- You and the school will be provided a written copy of the report and recommendations for your ongoing use with your child. Please keep a copy of this report so that you can discuss these strategies with the teacher at the beginning of each school year as long as these strategies or recommendations are relevant.
- The type of strategies and recommendations from the therapist may include:
 - Specific activities/exercises that you can encourage your child to do to improve his ability to do school and home activities that require motor skills.
 - Suggestions of special items/supplies for use by your child to improve his ability to do tasks at school and at home.
 - Strategies and techniques that your child, you and the school may use to accommodate or compensate for specific difficulties.
- If your child has new functional difficulties at a later time, he or she may be eligible for another referral to the South West CCAC and an OT assessment and consultation.
- If the OT has identified that your child has multiple functional difficulties, the therapist in consultation with the Care Coordinator may see your child for additional visits as is determined by your child’s needs.

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Therapy Agency: _____

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