

# PLAY TO LIVE OCCUPATIONAL THERAPY: THERAPY PROCESS

Your step-by-step guide to accessing and engaging in therapy services at Play To Live Occupational Therapy



## Contact

If we need more information, we will contact you directly to ensure we are an appropriate provider for you. We may also contact you to let you know of any current availability options.



## Assessment

We will complete an initial assessment with you and your child to better understand your needs and current goals. This assessment occurs at your home or via telehealth.



## Therapy

Therapy will be completed at home, school, or kinder - working towards the goals you have identified. Your therapist will do regular check-ins with you.



## Referral

Make a referral via our website or by giving us a call. When you make a referral, you will be automatically added to our waitlist if you're within our service area. You can self-refer, meaning you do not need a doctor's referral.



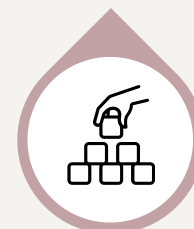
## Booking

If we have availability that works for you, we will book your child in on our system. You will receive a confirmation email from us. Sometimes this goes into your Junk or Spam folder, so keep an eye out! This email will include links to our service agreement. You will receive a reminder SMS 24 hours prior to your appointment.



## Goal Setting

During your initial assessment, and subsequent sessions, you and your therapist (and your child if they are able) will set therapy goals. If you're unsure, we can help guide this process. These will be provided to you in a goals document.



## Review

Every 6 months, your therapist will complete a goal review with you in person, or via phone to determine if the current goals are being achieved. Sometimes, we need to adjust our approach and strategies, sometimes we need to set new goals, and sometimes, your child will just need more time.