

ATTENDING YOUR INITIAL OCCUPATIONAL THERAPY ASSESSMENT

Being prepared

Prior to your appointment, please complete the intake forms we have sent to you.
Prior to your appointment, gather documents related to your child's medical or disability diagnosis you would like to share. You can share these before the appointment if you prefer.

Goal setting

Your therapist will ask about your priorities for occupational therapy. Think about 2-3 specific skills or areas you would like your child to be focusing on in therapy. If you're unsure, we can help guide you. A copy of your goals will be sent to you when these are finalised.

Topics of discussion

During your appointment, your therapist will talk about your child's medical history, self-care skills, motor skills, social skills, sensory needs, cognitive skills, and play skills.

Initial Occupational Therapy Assessments

Face to Face
OR
Telehealth

Finances and invoicing

After your session is complete, an invoice will be sent to you, or your plan manager, depending on how you are funded. You do not need to pay your therapist directly in your appointment.

Observation

If your child is present, your therapist may ask your child to complete certain tasks depending on their age. If time runs out or your child is unable, these can be done in a future session.

Future sessions

If you are accessing school or kinder sessions, your therapist will liaise with these services to arrange ongoing sessions. You will get a confirmation once this has been booked.

Who should be present?

We require a key care giver to be present during the entire assessment. Your child can be present, however please remember that this assessment will involve significant discussion. Having an activity of interest for your child to complete while your having this discussion is important.

Purpose

While we aim to cover all discussion points in the assessment, it's important to also remember that your initial assessment is a time to get to know your therapist, including giving your child a chance to build rapport to see if it's a good fit. This may feel like a detour during the session, however taking the time to connect now, fosters positive relationships and outcomes for future sessions. A follow-up phone call can be arranged for additional discussion if needed to gather additional information.