

## A Snapshot of Element OT's Pediatric Services



Presentation for  
Connexions Resource Centre




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### Agenda


- Professional Background
- What is Occupational Therapy (OT)
- How Occupational Therapy can Help
- Therapy Process
  - Accessing OT services
  - Funding
  - Initial Assessment
  - Typical Therapy Session
  - Follow-Up Sessions
- Services
- Why Choose ELEMENTS OT

### Meghan Prouse



- 2007: Graduated with Masters Degree in Occupational Therapy from the University of Manitoba.
- 2007-2014: Worked in a consultative role in schools, daycares and homes with the Rehabilitation Centre for Children in Winnipeg, MB.
- 2015: Relocated to Gatineau. Worked as an independent contractor with various private companies in Ottawa (adults and children).
- 2018: Registered with Ordre des ergothérapeutes du Québec
  - Opened ELEMENTS Ergothérapie-Occupational Therapy in QC to fill a gap in service provided on the Quebec side.
- 2019: Presently a registered Occupational Therapist in QC & Ont.
  - Split my time between ELEMENTS OT and a private pediatric clinic in Ottawa.



### What is Pediatric Occupational Therapy (OT)?

**Pediatric OT helps children with different needs develop the skills required to perform activities that make up their everyday life.**

These activities (or occupations) include:


- Self-care skills:** dressing, sleep, teeth brushing, eating;
- Work activities:** successful participation at school, chores; and
- Leisure activities:** play!



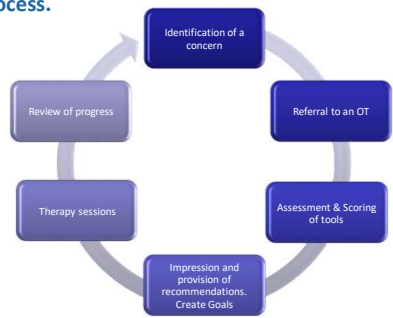




### How Occupational Therapy can help.

- Occupational Therapy can help:
  - Promote Self-Care: **dressing, toileting, feeding, sleeping;**
  - Improve **visual motor skills (eye-hand coordination);**
  - Develop **balance, strength, body awareness, and coordination;**
  - Improve fine motor (**pencil grasp, scissor skills, dexterity**) and **handwriting;**
  - Support **sensory processing** and **regulation for attention and concentration;**
  - Improve **planning and organization** skills and **task initiation** for home and school;
  - Provide support to develop **play** and **social interaction skills;** and
  - Recommend **adaptations or specialised equipment** for home and/or school to improve participation.



### Therapy Process.

### Decision to access OT Services.

- Self-refer due to an identified concern;
- Suggested by another medical professional (Physiotherapist, Speech Therapist, Psychologist, Dentist, Lactation Consultant, Doctor); and
- Suggestion from your child's school.



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### Available Funding for OT Services.

**OT services are provided both publicly and privately:**

- Public Services: Contact CISSS (call 811) to determine eligibility for public services;
- Private Services (ELEMENTS OT):
  - Some private medical insurance companies will cover Occupational Therapy services. It is important to contact your insurance company to determine coverage. Sometimes you may need a referral from your doctor to be eligible for coverage.
  - Funding options may be available to military families through Support our Troops.



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### The Initial Assessment.

An initial assessment typically consists of:

- Intake Form;
- Discussion with caregiver(s), child, and the school team as requested;
- Standardized and non-standardized assessments; and
- Play-based clinical observations.

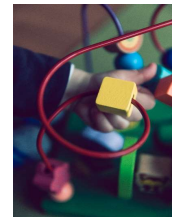


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### Typical Therapy Session.

**Sessions are often planned to make it feel like play. By participating in motivating activities such as:**

- Board games;
- Crafts;
- Movement games;
- Building toys;
- Obstacle courses; and
- Ball games.



**Children are developing skills while having fun!**

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### Follow-up Sessions.

There can be variability in follow-up sessions.

- The number of sessions can be impacted by:
  - Goals;
  - Availability of family to attend sessions, and complete "homework"; and
  - Funding.
- Sessions are typically between 30-60 minutes in length with time allocated for discussion and notes.
- Sessions can occur weekly or monthly as required.
- Sessions can occur in-home or outside (in the yard or at a nearby park).
- If approved by parents and the school, sessions can occur within the classroom or at school.

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### What services ELEMENTS OT offers.

**Area:** ELEMENTS OT offers in-home services to Gatineau, Chelsea, Wakefield, Shawville and other areas.

**Services offered:**

- Initial assessments (includes 1 paragraph summary of findings and recommendations)
- Follow-up treatment sessions (consultative vs. more intensive treatment)
- School consultation (with permission of the school)
- Letters & Reports (often requested when seeking additional support at school, for equipment recommendations, when completing a comprehensive medical assessment)



ELEMENTS OT Quebec Service Area

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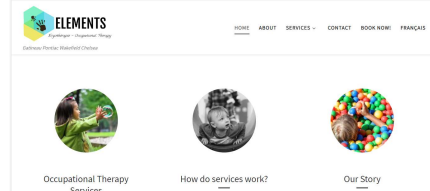
### Benefits of In-Home Services with ELEMENTS OT.

- One therapist and continuity of care.
- In-home and community support
  - Natural environment;
  - Can be more comfortable for the child;
  - Use of items to work on goals already within the home; and
  - Any equipment or toys I bring are less expensive than some of the clinic therapy equipment.
- Flexible hours.
- Assessments and sessions can occur in a number of environments (school, home, backyard, park etc.)
- Can be easier on the parents. You learn how to support your child's development within their everyday settings.
- No waiting rooms☺



### How to request an assessment with ELEMENTS OT.

- Referral form on [elementsot.ca](http://elementsot.ca)
- Email: [meghan@elementsot.ca](mailto:meghan@elementsot.ca)
- Phone: **819-412-1628**



### Recap.

- Pediatric OT helps **children with different needs develop the skills** required to perform activities that make up their everyday life.
- ELEMENTS OT offers **in-home/school assessments** and follow-up therapy.
- Website, email, or phone call to book an appointment
  - [elementsot.ca](http://elementsot.ca)
  - [meghan@elementsot.ca](mailto:meghan@elementsot.ca)
  - 819-412-1628



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