

## Frequency of Therapy

The focus of therapy is to equip children and their families with the knowledge and skills needed to manage daily challenges after therapy has ended. The goal of therapy is to help each child develop the skills necessary for the job of living. Therapy programs are short term with clearly identified functional goals. Progress toward these goals is assessed continuously and the determination is made at least every three months as to whether or not therapy is still necessary. Studies have shown that children achieve targeted goals, acquire functional skills and show accelerated rates of developmental progress when parents and professionals work together. We believe you are the key to your child's success.

Therapists use Guidelines for Determining the Frequency of Therapy to help decide how often and for how long therapy services are needed. There are four frequencies of therapy used: Intensive, Weekly/Bimonthly, Periodic and Consultative.

### **Intensive Therapy** - Three to 5 visits each week

This frequency is for children who need intensive therapy and have immediate and complex needs.

- Intensive Therapy is frequent, for a limited length of time, and for children who are quickly moving toward their goals.
- Intensive Therapy is also for children at risk for losing function due to a current medical condition.
- Changes to the therapy plan are made often and intense family education is provided.

### **Weekly/Bimonthly Therapy** - One to two times each week or every other week

This frequency is for children who need frequent therapy and are making continuous progress toward their goals.

- The child needs to see a skilled therapist for regular visits for a limited time.
- Parents learn to safely perform exercises and activities with their child.
- A routine home program is being established.

### **Periodic Therapy** - Monthly or at regularly scheduled intervals

This frequency is best for children who show slower progress toward their goals and for caregivers who can safely carry out a routine home program.

- Periodic sessions are needed to check on function, provide treatment and update the home program.

### **Consultative Therapy** - As necessary

Once your child has been discharged from therapy, consultative services are available as necessary.

These services may be needed when:

- Your child improves or regresses.
- Medical interventions that occur in stages are planned.
- Your child is ready to perform a new task as a result of changes in age, developmental stage, life cycle, physical environment or social environment.
- New assistive technology is available.

When appropriate, re-enrollment in therapy for a defined period of time may be recommended.