



Getting Started

At *the balanced kid, inc.*, the first step to getting started is a call with someone at the clinic for a client intake to get preliminary information and reasons for seeking out our services. After the phone intake, if we feel OT is necessary for expressed concerns then we can schedule a formal evaluation. There are instances where we feel we can recommend other options to support areas of concern if OT does not seem to be appropriate. If your child has had an evaluation in the past 6 months that meets our standards and expectations, we can schedule an informal evaluation to best determine a treatment plan and begin direct therapy in certain cases.

The full evaluation consists of the following: 1) therapist phone intake with parent, 2) parents to complete all the required intake forms and information and bringing to the 1st in clinic evaluation session, 3) 1-hour in our clinic with the occupational therapist and client to perform evaluation/assessment tools including clinical observations and standardized assessments which parents are encouraged to take part, 4) 1-hour parent meeting within a week following the clinic session without child to review evaluation findings, clinical reasoning and establish plan with recommendations, 5) begin direct occupational therapy treatment if recommended and with parent agreement, and 6) receive a detailed evaluation report within 4-6 weeks following the parent meeting.

Once the treatment plan is established, your therapist will discuss all aspects of the treatment plan and process. This will include frequency of sessions (typically 1-2 times per week), the duration of the sessions (typically 60 minutes-50 minutes direct therapy, 10 minutes for session review with parent/writing treatment note) and collaboration with your child's teachers, other professionals involved in your child's care, pediatrician, as well as assisting you and your family in incorporating treatment into your child's everyday life.