



## School-Based Occupational Therapy & Physical Therapy

- The provision of school-based therapy is governed by federal and state laws. Therapy is a related service to special education and is provided **only** if the child needs therapy to function in the educational setting.
- In the school, the need for therapy is determined by the IEP Team. Parents are a part of this team. The team determines the amount, frequency and duration of therapy— not the physician alone.
- Therapy may be provided individually or in small groups by a therapist or therapist assistant. Intervention may or may not be provided directly with the child. Collaborating with educational staff to modify the child's environment and daily school activities is always a part of school therapy.
- Treatment techniques, such as heat/cold, electrical stimulation and biofeedback training are typically not provided.
- Therapy takes place where the child receives education. Appropriate intervention may be provided in classrooms, hallways, gyms, playgrounds, lunchrooms, bathrooms, or in a separate therapy room.
- The decision to discontinue therapy is made by the IEP Team. This may occur when the student no longer is eligible for special education, when other members of the IEP Team can provide necessary interventions, or when the child can perform school tasks without therapeutic intervention. There may still be a need for community-based services.

### Example of Comprehensive Coordinated Services for School-Based Therapy

*Judie is a 10-year-old child who lives in a rural community with her parents and three siblings. She has a cognitive disability and cerebral palsy. She receives special education. Part of the day she is in a regular classroom and part of the day in a self-contained classroom. She receives school-based occupational therapy and physical therapy. She also receives community-based occupational therapy and physical therapy.*

*An IEP goal for Judie is to independently complete classroom and homework assignments using adapted writing instruments.*

*The school occupational therapy treatment plan for Judie includes provision of a weighted pencil and slantboard; environmental adaptations for seating/positioning in the classroom; collaboration with classroom teachers to develop assignment accommodations, prompts and routines; and the use of therapeutic techniques to improve eye-hand coordination and motor control in the trunk, arms and hands.*

*A second IEP goal for Judie is to move independently throughout the school building using a walker and to attend all academic classes on time.*

*The school physical therapy treatment plan for Judie includes gait training with a walker in empty and crowded hallways, motor planning and motor control activities for timely exchange of books and class supplies from the locker, as well as collaboration with the physical education teacher to improve strength and balance for safe movement through the cafeteria lunch line.*

## Community-Based Occupational Therapy & Physical Therapy

- Therapy is governed by state and national practice guidelines that focus on a child's medical/functional needs in home and community settings. Community-based therapy is provided in clinics, hospitals, homes and community settings.
- In community-based therapy, the physician, family and therapist make the decision regarding amount, frequency and duration of therapy recommended. The amount of therapy actually received may be affected by whether or not an insurance company, Medicaid Program or other funding sources reimburse for the recommended services. Denials of payment are often based on a perceived duplication of service between community and school providers.
- A therapist or therapist assistant typically provides individual treatment. Individualized home programs and ongoing caregiver training are necessary parts of the service to encourage carryover outside of treatment.
- Treatment techniques, such as hot/cold, electrical stimulation and biofeedback training may be utilized.
- Families have the opportunity to seek out services from a therapist with specialty training in areas such as soft tissue mobilization, post surgical intervention, sensory integration, aquatic therapy or neurodevelopmental treatment.
- Intervention is discontinued when any of the following occurs: functional skills are achieved, a plateau in progress is reached, participation in service is limited because of various circumstances, child is stable with therapy maintenance program, discharge is requested. At discharge, indicators for potential follow up are identified. There may still be a need for school-based therapy.

### Example of Comprehensive Coordinated Services for Community-Based Therapy

*Please refer back to our example of Judie.*

*The community-based occupational therapy goals will enable Judie to independently perform activities of daily living. She will learn how to wash her face and hands, brush her teeth and hair, dress and feed herself, and perform household chores.*

*The community-based occupational therapy treatment plan includes arm and hand strength and mobility exercises, myofascial release to shoulder girdle and arms to increase muscle length, neuro-developmental treatment to improve arm muscle control, therapeutic activities to promote practice of these functional skills in the home and community, and ongoing caregiver training to promote carryover of treatment on a daily basis.*

*The community-based physical therapy goals will enable Judie to independently transfer in and out of the bathtub, bed and car. She will also walk outdoors and manage curbs, sidewalks, steps and grass.*

*The community-based physical therapy treatment plan includes myofascial release to hip and leg muscles to improve muscle length, neurodevelopmental treatment to improve muscle control, techniques to improve trunk strength and balance for better standing and walking.*

