

## Information about Speech Therapy

### What does Cincinnati Children's Offer?

*Our program is set up to achieve the best results at the lowest possible costs.*

- We create a plan for each child that includes the type and length of therapy.
- We work closely with parents and caregivers for the best results.
- When parents and caregivers are involved, we achieve better results with fewer sessions at a lower cost.

### Purpose of Therapy

One purpose of therapy is to help the child meet certain goals. In each therapy session, the speech-language pathologist (SLP) works directly with the child on developing new skills.

We also train the parents or caregivers on how to work with the child at home. Parents must practice these new skills with the child every day. This is important because children make better progress with home practice in between sessions.



### Frequency of Therapy

A therapy program is typically short-term. It ends after the child meets the therapy goals. We watch the child's progress during therapy and adjust the number of sessions based on the progress. Some children benefit from a short period of regular therapy. Other children do better with periodic therapy and a home program.

**There are several ways we can provide therapy:**

**Intensive Therapy:** Three or more sessions per week

Intensive therapy is for children who...

- have immediate or complex medical needs.
- are at risk for losing function due to a current medical condition.
- are quickly meeting their goals and are ready to move to the next step.

Intensive therapy is typically done for a short period of time.

**Recurring Therapy:** Weekly, every other week, or monthly

Recurring therapy is for children who...

- are making good progress with therapy and practice daily at home.
- have goals that change due to progress.

## **Consultative Therapy:** As needed

Consultative therapy is for children who...

- need occasional therapy sessions.
- are beginning to use the new speech skills without as much help.
- have been recently discharged from therapy and need periodic rechecks.
- are making minimal progress but need to be rechecked for changes in need

Children may go back to regularly scheduled therapy for a short time if needed and recommended by the SLP.

## **Family Initiated Treatment (FIT) Program:**

Family Initiated Treatment (FIT) is available for families who cannot commit to regular appointments but are able to schedule single appointments at a time.

## **Changing the Number of Therapy Sessions and Ending Therapy**

During therapy, the SLP may suggest changing the number of therapy sessions based on the child's progress. At some point, the child may also benefit from a change to school therapy only.

The child will no longer need our therapy services when:

- the child meets therapy goals.
- school services are a better choice.
- the child is no longer improving in therapy.

## **Frequently Asked Questions**

### **How will you decide how often the child needs therapy?**

The SLP will evaluate the child and recommend a schedule for therapy. This is based on the child's diagnosis and current needs as well as the family's preferences.

### **Does the family need to watch their child's therapy session?**

A main goal of therapy is to teach parents how to work with the child at home. Therefore, it is very important for the parents or caregivers to watch or take part in each therapy session.

### **How are therapy appointments scheduled?**

Therapy appointments can be scheduled by calling 513-636-4341.

### **What if the family needs financial help?**

Call our financial counselors at 513-636-0201 if help is needed in paying for these services.