

Finding an Occupational Therapist in Ontario



Some of the parents in the STACK study have asked the occupational therapist (OT) assessor about how they might obtain further OT services. This flyer outlines the types of services OTs may provide for children with coordination difficulties and how to locate an OT in your community.

An occupational therapist may:

- Provide a thorough assessment of your child's developmental skills
- Determine how different aspects of your child's daily life are affected
- Teach your child ways of thinking his/her way through learning new tasks
- Provide adapted equipment and materials to improve task performance
- Help you and your child to set appropriate expectations
- Modify environmental factors to maximize participation
- Guide you in your selection of leisure activities for success
- Help you, your child and others to maximize his/her strengths
- Explain some of your child's challenges so you can educate others and advocate

Publicly and Privately-Funded Services

Occupational therapy services may be publicly or privately-funded. For children with coordination difficulties, community based services may be covered under the Ontario Health Insurance Plan (OHIP). Private services may be covered by extended health coverage plans.

Publicly-funded services may be found by:

- Contacting your local Community Care Access Centre: <http://www.ccac-ont.ca/> or Ontario Association of Children's Rehabilitation Services (OACRS) Centre <http://www.oacrs.com/>
- Asking your family physician for a referral
- Asking your child's teacher and/or school principal for a referral to School Health Support Services

Privately-funded services may be found by:

- Consulting the Yellow Pages for private OTs in your community
- Contacting the Ontario Society of Occupational Therapists: (416) 322-3011 or toll free at 1-877-676-6768 or <http://www.osot.on.ca/eng/otinont/findingAnOT.asp>
- Going to Canada's Occupational Therapy Resource Site: <http://www.otworks.ca/otfinder.cfm>