

# Therapy Across the Continuum:

# Outpatient Therapy



**IPRC**  
International  
Pediatric Rehabilitation  
Collaborative

Outpatient therapy is provided in a clinic setting for infants, children, or teens between the ages of birth and adulthood. There are different types of clinics, including sensory based, sports medicine and medically based. Therapists and families/caregivers work together to make a plan of care. The plan of care includes therapy goals and how much therapy is needed to meet those goals.

## Outpatient Therapy Explained.

### **Who is appropriate for Outpatient Therapy?**

Any infant, child, or teen who has not met milestones, has needs due to a medical diagnosis, or has trouble keeping up at home or in school. Specific goals must be identified to work on during therapy.

### **What is Outpatient Therapy?**

A variety of therapeutic services may be offered in the outpatient setting. Availability will vary based on location.

### **Where does Outpatient Therapy happen?**

Outpatient therapy is provided in a community or hospital clinic. In some areas, outpatient therapy may be provided in the home.

### **When will Outpatient Therapy happen?**

Therapy is scheduled at a time that is convenient for the family/caregivers, based on clinic availability. It may be scheduled multiple times a week, once a week, or once a month, based on the needs and goals. The outpatient therapist(s) and family/caregivers will work together to decide how often and for how long therapy will take place to meet the goals.

### **What is the family/caregiver's role in Outpatient Therapy?**

Families/caregivers and therapists work together as a team. Therapy tasks or exercises (home program) may be assigned for home practice to help meet the goals.

### **How is Outpatient Therapy paid for?**

Outpatient therapy may be paid for by medical insurance and families/caregivers sometimes have a co-pay. Outpatient therapy can also be paid for privately or "out-of-pocket."

## **What if my child needs a different plan than Outpatient Therapy alone?**

Talk to your outpatient therapist about changing your therapy routine. Taking a break from therapy or increasing therapy to target specific skills may be what your child needs. Your therapist can also guide you if your child would be eligible for school based therapy.

## **Know Your Options.**

### **What is Intensive Outpatient Therapy?**

In some areas, outpatient clinics may offer programs or clinics that provide intensive therapy (multiple times each week) for a short period of time. Specific goals and skills are targeted during this time and families/caregivers typically are given activities to practice at home. In some cases, therapy sessions may happen in groups with others working on the same skills.

### **What is Therapy in the School?**

School aged children and teens may receive therapy services while they are in school to help them gain skills to improve learning and be safe in school. These services are paid for through tax dollars. Families/caregivers (and their child) meet with school staff to make a plan for therapy in school. This plan may be called an Individualized Education Plan (IEP) or 504 Plan and lists recommended therapy and goals. A child may receive both outpatient therapy and school based therapy if the child meets the criteria for each setting.

For more information: visit [www.iprc.info](http://www.iprc.info)