

# Finding an Occupational Therapist or Physiotherapist in Ontario



Many parents have asked how they might find an occupational therapist (OT) or physiotherapist (PT) to provide services for their child. This flyer outlines the types of services OTs and PTs may provide for children with coordination difficulties and how to locate an OT or PT in your community.

## **Either an occupational therapist or physiotherapist can:**

- Provide a thorough assessment of your child's motor development
- Determine how different aspects of your child's daily life are affected
- Help you and your child to set appropriate expectations
- Help you, your child and others to maximize his/her strengths
- Help you understand your child's challenges so you can educate others and advocate

## **An occupational therapist can:**

- Teach your child ways of learning new tasks
- Focus on self-care, school, play and leisure tasks
- Provide adapted equipment and materials to improve task performance
- Modify environmental factors to maximize participation

## **A physiotherapist can:**

- Teach your child ways of learning new tasks
- Address issues around balance, strength, muscle tone and endurance
- Guide you in your selection of sports and leisure activities for success
- Consult with coaches and physical education teachers

## **Publicly and Privately-Funded Services**

Occupational therapy and physiotherapy 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 and PTs 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>
- Contacting the Ontario Physiotherapy Association: Phone: (416) 322-6866 Toll free 1-800-672-9668 or <http://www.opa.on.ca/FindAPhysio.shtml>
- Going to Canada's Occupational Therapy Resource Site: <http://www.otworks.ca/otfinder.cfm>
- Going to Canada's Physiotherapy Resource Site: [http://thesehands.ca/index.php/site/Finding\\_a\\_physiotherapist/](http://thesehands.ca/index.php/site/Finding_a_physiotherapist/)

Be sure to talk to the therapists about their experience working with children with coordination difficulties or Developmental Coordination Disorder when seeking services. Not all OTs and PTs are familiar with this population or have experience in providing services for these children.