

Developmental Services

Frequency and Duration of Therapy

Innovative and collaborative care for every child, every family, every day

Rady Children's Developmental Services offers programs that identify, evaluate and treat children with developmental delays, disabilities and injuries. Through intervention and treatment, the Developmental Services teams work to prevent secondary behavioral and developmental problems, helping children to reach their full developmental and functional potential.

Occupational therapists help children of all ages to participate in daily activities by supporting their motor, feeding, sensory, cognitive, social and self-care skill development.

Physical therapists help children optimize their development and function by providing treatment for neurological, congenital, orthopedic and developmental problems from infancy through adolescence.

Speech-language pathologists help children build communication skills in the areas of speech production, language comprehension, expressive language and communication, voice, fluency, and pragmatics (social language).

Care Plan

Your therapist will work with you to create a plan of care to meet your child's individual needs. Recommendations for the frequency and duration of therapy will be made based on the following factors:

- Clinical findings
- Your child's need for skilled therapy services, and their ability to benefit from and participate in therapy
- Your ability as a parent to participate in therapy sessions and to follow through with activities in the home and community
- Your family's decision related to available resources, such as time, scheduling flexibility and transportation

Your child's progress toward therapy goals and their need for therapy are assessed continuously. Studies have shown that children achieve targeted goals, acquire functional skills and show accelerated rates of developmental progress when parents and professionals work together.

We believe you are the key to your child's success.



Types of Therapy

Intensive: Three or more visits per week for a limited period of time. This is for children who meet some or all of the following criteria:

- Have immediate and complex needs
- Are at risk for losing function due to a current medical condition
- Require intensive family education due to rapid clinical progress

Concentrated: One to two times per week or two times per month. This is for children who meet some or all of the following criteria:

- Are making continuous progress toward their goals
- Need to see a skilled therapist for regular visits for a limited time
- Are working with parents/caregivers and therapist to establish and learn a home therapy plan

Periodic: Monthly or at regularly scheduled intervals. This is for children who meet some or all of the following criteria:

- Need periodic sessions with a therapist to check on function, provide treatment, teach parents caregivers how to carry out a home program, or to update a home program
- Need to practice new skills in the home, school or community setting

Therapeutic break: Planned break in therapy for a period of months/years. This is for children who meet some or all of the following criteria:

- Are making slow or no progress in learning new skills
- Are not ready for learning new skills
- Are practicing skills learned in therapy in the home, school and community
- Have an effective home treatment plan

Re-entry into a different frequency of therapy is determined by acquisition of skills that demonstrate readiness to learn, or a change in medical condition, such as the post-operative phase after surgery.

Consultative therapy: Scheduled as necessary. This is for children who have been discharged from therapy and need to consult with a therapist. These services may be needed in the following situations:

- Your child improves or regresses
- Medical interventions that occur in planned stages are scheduled for your child
- Your child is ready to perform a new task as a result of a change in development, physical environment or social environment
- New assistive technology becomes available

When appropriate, re-enrollment in therapy for a defined period of time may be recommended.

Therapy Recommendations

- OT PT Speech-language pathology
- Intensive @ ___ week/month for ___ week/month
- Concentrated @ ___ week/month for ___ week/month
- Periodic: _____
- Therapeutic break: _____
- Consultative: _____

Physical Locations

Main Campus

3665 Kearny Villa Rd., Suite 300, San Diego, CA 92123

Escondido

2125 Citracado Pkwy., Suite 200, Escondido, CA 92029

Murrieta

25170 Hancock Ave., Suite 275, Murrieta, CA 92562

Oceanside

3605 Vista Way, Suite 201, Oceanside, CA 92056

Torrey Hills

11752 El Camino Real, Suite 100, San Diego, CA 92130

*To find out more about Rady Children's programs, please visit rchsd.org or call **800-788-9029**.*