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Dear Parent,

Thank you for calling Skill Builders. We are a pediatric private practice that provides occupational therapy, speech therapy, and tutoring services, with offices in Annandale and McLean. Our OT department provides services for children ages birth to 21 with emphasis on improving and supporting occupational performance. We utilize a variety of approaches to therapy, including understanding and addressing a child's sensory processing needs. Therapy is provided in a warm, supportive environment with an emphasis on open communication with the family. Goals are established by the OT and allow for parent input.

Unless recently performed by another facility or the school system, OT services are usually initiated with a full evaluation. There are several options for evaluation and the choice is made according to the specific age and needs of the child.

The standard OT evaluation at Skill Builders is available for all children and is especially recommended for children five years and younger; however, this may also be used with older children. This evaluation takes approximately 1 ½ - 2 hours and provides information in the following areas: fine and gross motor skills, visual-motor and visual-perceptual development, and basic sensory processing abilities that support skill development and self-regulation. We use standardized assessments along with clinical observations, parent information, and information or questionnaires from the child's school or teachers.

Consultations provide non-standardized information about a child's sensory processing development or fine motor and handwriting skill levels, and are completed in one hour. A short, written report is provided and results are discussed with the family, with initial home program suggestions included. Consultations are appropriate for children ages six years and older. A sensory consultation is recommended when concerns are specific to sensory areas, with no other remarkable motor control issues noted. Parent completion of a short sensory-motor history and therapist observations are used to gather information and to suggest initial activities to support sensory processing development. Fine motor and handwriting consultations are useful when concerns are noted with writing skill acquisition and no other remarkable sensory or motor concerns. This one-hour consultation session examines the skills required for efficient hand use and handwriting abilities, including present levels of functional fine motor skills, visual-motor abilities, postural control, and letter formation patterns. All consultations are provided by registered, licensed occupational therapists at Skill Builders.

Plans for follow-up intervention are made once the evaluation results have been discussed. We typically see children for therapy once a week, although recommendations may vary according to the child's needs. Some children are seen twice weekly and others are seen for a few initial sessions, with subsequent monitoring through home programming.

Typically, follow-up OT sessions are 50 minutes in length, with activities that target specific skill areas and develop the child's internal sense of control over his/her environment. Intervention is provided in a playful

environment to address a variety of challenges, such as body awareness, muscle tone, responses to touch, and movement abilities. These foundational sensory and motor abilities are developed through the presentation of therapeutic activities that elicit the child's engagement and help to build the foundation that supports the mastery of functional skills.

Close contact with speech-language pathologists is another benefit of your visit. Should there be additional concerns regarding speech, auditory or language skills, a speech/language evaluation is possible.

To better facilitate caseload management and services, Skill Builders maintains the following fee schedule and policies. Payment in full is due at the time of the initial evaluation:

- Standard OT evaluation and report - \$650.00
- Fine motor and handwriting consultation - \$325.00
- Sensory consultation - \$325.00
- Fees for follow-up OT sessions are \$128.00 for each "50 minute" hour, as recognized by insurance companies. The therapist needs time to write a brief progress note, return phone calls and prepare for the next child during the remaining 10 minutes. Time for therapist/parent contact is incorporated into the 50-minute session. Should more lengthy conversations be desired, your therapist may be called at the office. Parent conferences are typically scheduled annually, but can be arranged as needed, and are billed at the \$128.00 session rate.

Again, thank you for contacting us. We look forward to speaking with you at your convenience.

Sincerely,

A handwritten signature in black ink, appearing to read 'Cari Syron', with a stylized flourish at the end.

Cari Syron, MA CCC-SLP
Owner/Clinic Director