



# Skill Builders

Speech Language and Occupational Therapy Services

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Dear Parent,

Thank you for calling Skill Builders. Skill Builders is a pediatric occupational therapy and speech therapy private practice, owned by Cari Syron, MA, CCC/SLP. Our OT department specializes in sensory processing dysfunction, and utilizes a sensory integration approach in the treatment of sensory motor problems. Therapy is provided in a warm, supportive environment with continual opportunity for information exchange with the family. Goals are outlined by the occupational therapist (OT), but are developed with input from the parents regarding your goals for your child.

Unless recently secured from another facility or the school system, OT services are 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 used with all children aged five years and younger, and is the typical evaluation that we use with older children, as well. This evaluation takes approximately 1 ½ - 2 hours and provides information in the following areas: fine and gross motor developmental levels, visual-motor control (primarily for pencil/paper work), visual perception, and sensory motor skills. The child's sensory integration status is assessed through clinical observations and the parent completion of a sensory-motor history form that will be provided prior to the evaluation.

Consultations provide non-standardized information about a child's sensory or fine motor and handwriting skill levels, and are completed in one hour. A short written report is provided, with initial home program suggestions included. Consultations are appropriate for children aged 6 years and older. A sensory consultation is recommended when concerns are focused in 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 create initial "sensory diet" suggestions. Fine motor and handwriting consultations are useful when concerns are focused on writing skill acquisition and no other remarkable sensory or motor concerns are noted. This one-hour consultation session checks fine motor, visual-motor, postural control and letter formation skills needed for efficient writing ability. Consultations are provided by registered, licensed occupational therapists at Skill Builders.

The Sensory Integration and Praxis Tests (SIPT) are also administered at Skill Builders. Should this test battery prove to be the most beneficial for the child (ages 4 through 9 years), then it is scheduled on two separate days, requiring approximately 1 ½ hours on each day. This battery of tests provides in-depth information regarding the child's visual perceptual abilities, somatosensory skills (tactile, muscle and joint perception), praxis (motor planning and smooth execution of unfamiliar motor tasks) and sensorimotor status. The SIPT includes a written report and a parent/therapist conference for discussion of results.

Close contact with speech-language pathologists offers one more evaluation option. Should there be additional concerns regarding speech, auditory or language skills, a speech/language evaluation is possible at either the Annandale or McLean office.

Plans for follow-up intervention are made once the evaluation results have been discussed. The recommendations vary according to the child's needs. Some children start out with twice weekly attendance, some once a week, and sometimes the child's progress is monitored through home programming and/or monthly visits to the clinic.

Typically, follow-up OT sessions are 50 minutes in length, with activities designed to develop the child's internal sense of control over his/her own movement abilities. The intervention should be fun for the child. Difficulties with body awareness, muscle tone, and responsiveness to touch and movement can hold functional implications for mature movement and social skills. Many times, learning difficulties at school can be traced back to difficulties at a more foundational sensory motor level.

To better facilitate caseload management and services, Skill Builders maintains the following fee schedule and policies:

- Standard OT evaluation and report - \$550.00
- Complete SIPT battery, parent conference and report (4-9 yr olds only) - \$800.00
- Fine motor and handwriting consultation - \$250.00
- Sensory consultation - \$250.00
  
- Payment in full is expected at the time of the initial evaluation.
  
- 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 needed, 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 your phone call. We at Skill Builders look forward to talking 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