

**Private Practice Therapy - Information for Parents/Caregivers
How to access private practitioners in the community**

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Contact the Ontario Health Regulators website at www.ontariohealthregulators.ca for information on practice standards and what you can expect when receiving services from a regulated health care professional in Ontario.

Questions to ask when selecting a therapist:

- Where do you provide your services? If needed, ask about ease of access (e.g. wheelchair accessible)
- Do you have experience with preschool/school age children?
- Do you have a treatment space that is safe and appropriate for small children?
- Do you have experience working with children with developmental delay / cerebral palsy / spina bifida / Down Syndrome or whatever specifically applies to your child's situation?
- What are your fees and what do they include?
- Speak to another family member who has already accessed private therapy by contacting Waterloo Region family Network to discuss provider's suitability.

Things to Consider:

- If you have extended health care benefits through your employer, find out if therapy services are covered. You may need a doctor's referral before therapy begins in order to receive coverage through your insurance company. Check with your benefits information to see which practitioners are covered, for what amount and time frame (1 calendar year, every 2 years per person or per family).
- Extended health care plans will require the therapist's registration number and a detailed receipt.
- Employee Assistance Programs through your employer may provide some benefits.
- Save receipts, it may be applied to a medical income tax credit.
- Physiotherapy services for youth under 19 years of age are covered by OHIP at designated physiotherapy clinics (see PHYSIOTHERAPISTS below for more information).

SPEECH AND LANGUAGE PATHOLOGISTS

- Contact the College of Audiologists and Speech-Language Pathologists of Ontario (CASLPO) at www.caslpo.com. Click on “Find an Audiologist or Speech-Language Pathologist”. Choose a search type, type of profession, age group and language of service and click the search icon. A list based on your search filters will be generated. You may also use the links provided to search the Ontario Association of Speech-Language Pathologists and Audiologists (OSLA) at www.osla.on.ca or at Speech-Language and Audiology Canada. The website is sac-oac.ca.
- Should you not have internet access or if you would like to speak with someone directly about questions and/or concerns, you can telephone OSLA at 1-800-718-6752. The message will indicate to press “1” for the Private Practice line”. On this confidential line, leave your name, phone number, the age of the person needing service, the nature of the speech and language concern as well as your location and postal code. Your message will be returned with information of private practitioners in your area.
- Speech-Language Pathologists are also listed in the yellow pages of the phone book.

AUDIOLOGISTS

- Contact the College of Audiologists and Speech-Language Pathologists of Ontario (CASLPO) at www.caslpo.com. Click on “Find a Private Practitioner”. You will then be prompted to use the CASLPO register by filling in the information on your location and your child’s age and professional that you are seeking. Press “submit” and a list of Audiology practitioners will follow. You may also use the links provided to search the Ontario Association of Speech-Language Pathologists and Audiologists (OSLA) at www.osla.on.ca or Speech-Language and Audiology Canada. The website is sac-oac.ca.
- Should you not have internet access or if you would like to speak with someone directly about questions and/or concerns, you can telephone OSLA at 1-800-718-6752. The message will indicate to press “1” for the Private Practice line”. On this confidential line, leave your name, phone number, and the age of the person needing service, the nature of the hearing concern as well as your location and postal code. Your message will be returned with information of private practitioners in your area.
- Audiologists are also listed in the yellow pages of the phone book.

PHYSIOTHERAPISTS

The Ontario Government provides coverage for seniors, youth and other categories of patients to obtain physiotherapy services at designated physiotherapy clinics. There are a limited number of designated OHIP physiotherapy clinics across the province.

To be covered for physiotherapy services at a designated OHIP physiotherapy clinic, you must have a doctor's referral and be:

- 19 years or younger

For a list of designated OHIP physiotherapy clinics based on your Local Health Integration Network,

see: http://health.gov.on.ca/en/public/programs/physio/pub_clinics.aspx

Some Family Health Teams may have Physiotherapists available.

- For Private Practice: look in the yellow pages under "Physiotherapists"
- Contact the College of Physiotherapists at 1-800-583-5885 to find out if the Physiotherapist you have chosen is licensed to practice. You can also go to www.collegept.org; click on "Physiotherapist/Public Register"
- A second source to find a Physiotherapist in your area is to go to www.opa.on.ca; click on "Find a Physiotherapist" at the top of the page

OCCUPATIONAL THERAPISTS

Occupational therapy services covered by OHIP:

- OT services provided in public hospitals are generally covered by the provincial health plan.
- Most hospital admission policies require a physician referral to OT services. Some facilities provide out-patient services.
- Community based long term care services are covered under OHIP and are coordinated through local Community Care Access Centres.
- There are no community based OHIP funded clinics that provide occupational therapy services in the province.
- Where Community Health Centres exist, OT services may be available through these organizations.

To locate private occupational therapy services in the community:

- Use the Canadian Association of Occupational Therapists “OT Finder” database to search for an occupational therapist in your region- www.caot.ca
- Use the College of Occupational Therapists of Ontario (COTO) “OT Directory” to search for a registered occupational therapist in Ontario- www.coto.org
- Contact the Ontario Society of Occupational Therapists for listings of member occupational therapists who provide private services in your community. Contact osot@osot.on.ca or call 416 322-3011 or toll free 1-877-676-6768
- Consult the Yellow Pages for listings of private occupational therapists in the community
- Search the Internet for occupational therapists serving your community

SOCIAL WORKERS

- Contact the Ontario Association of Social Workers and Social Service Workers (OASWSSW) at 1-416-923-4848 or search on-line at www.FindASocialWorker.ca
- Local non-profit agencies are also available with sliding scale fees geared to income:
 - Carizon 519-743-6333 (Kitchener – Waterloo)
 - K-W Counselling 519-884-0000 (Kitchener – Waterloo)
 - Shalom Counselling Services 519-886-9690 (Kitchener – Waterloo)
 - The Family Counselling Centre of Cambridge and North Dumfries 519-621-5090
 - Lutherwood Family Counselling Centre 519-622-1670 (Cambridge)
 - Community Mental Health Clinic 519-621-2330 ext. 3300 (Cambridge)
 - Family Counselling and Support Services 519-824-2431 (Guelph – Wellington)
 - Trellis Mental Health and Developmental Services 519-821-2060 (Guelph – Wellington)
 - Couple and family therapy Centre 519-824-4120 ext. 56426

PSYCHOLOGISTS

- Look in the yellow pages under Psychologists & Psychology Associates.
- Telephone the Ontario Psychological Association at 1-800-268-0069. Their website is www.psych.on.ca. They have a referral service.
- You may also find information about Psychological Associates at the Ontario Association of Psychological Associates website: www.oapa.on.ca.
- Local non-profit agencies are also available with sliding scale fees geared to income:
 - Centre for Mental Health Research – University of Waterloo 519-888-4567 ext. 33842.
- If the assessment is conducted by someone who is not registered to practice on their own, then that person needs to have a Masters’ level training and be closely supervised by someone who is registered.

INTENSIVE BEHAVIOURAL INTERVENTION

- There is no specific Association or College to get information about private therapy services for autism however Autism Ontario is a great source of information and support. A list of Autism Ontario Chapters and contacts are available on the Internet at www.autismontario.com. At the top right hand corner of the web page there is a box to select a chapter. The chapters providing support in our area are Waterloo County, Cambridge, Wellington County and Dufferin County.
- There is also an Internet site which has a listing of Autism ABA providers in Ontario operated by Autism Ontario. Their website is www.abacuslist.ca. Please be advised that there is no regulatory body for advertising on this site. It will be important for parents to enquire about credentials and eligibility to provide DFO services.