

Private Practice therapy – Information for Parents/Caregivers How to access private practitioners in the community

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 services? If needed, ask about ease of access (e.g. wheelchair accessible).
- Do you have experience with infants/toddlers/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/autism 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 per family etc.).
- Extended health care plans will require 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.

Waterloo

500 Hallmark Drive
Waterloo, ON N2K 3P5

Kitchener

4273 King St. E. Unit B.
Kitchener, ON N9P 2E9

Cambridge

887 Langs Drive
Cambridge, ON N3H 5K4

Guelph

503 Imperial Rd. N Unit 7
Guelph, ON N1H 6T9

Fergus

160 St. David St. S. Unit 102
Fergus, ON N1M 2L3

SPEECH AND LANGUAGE PATHOLOGISTS & AUDIOLOGISTS

- You can search for a Speech-Language Pathologist or Audiologist using these 2 websites:
 1. The College of Audiologists and Speech-Language Pathologists of Ontario (CASLPS) at www.caslpo.com
 2. Speech-Language and Audiology Canada (SAC) at www.sac-oac.ca
- At each site, select “Find an Audiologist or Speech-Language Pathologist,” and filter your search by type of profession, age groups and language of service and click the search icon. A list based on your search filters will be generated.
- Should you not have internet access or if you would like to speak with someone directly about questions and/or concerns, can telephone OSLA at 1-800-718-6752.

PHYSIOTHERAPISTS

The Ontario Government provides coverage for seniors, your and other categories of patients to obtain physiotherapy services at a 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 of age or younger. Some Family Health Teams may also have Physiotherapist available.

For a list of designated OHIP physiotherapy clinics based on your local Home & Community Care Support Services visit: www.health.gov.on.ca/en/public/programs/physio/pub_clinics.aspx

Other options to “find a physiotherapist” include:

- Contact the College of Physiotherapist at 1-800-583-5885 to find out if the Physiotherapist you have chosen is licensed to practice. You can also go to the website by visiting www.collegept.org and clicking on “find a Physiotherapist/Public Register”
- A second source to find a Physiotherapist in your area is to go to www.opa.on.ca and click on “Find a Physiotherapist” at the top of the page.

OCCUPATIONAL THERAPISTS

To locate private occupational therapy services in the community:

- Use the Canadian Association of Occupational Therapists (CAOT) “Find an OT” database to search for an occupational therapist in your region: <https://caot.ca/site/findot>
- Use the College of Occupational Therapists of Ontario (COTA) “Find an occupational therapist” to search for a registered occupational therapist in Ontario: <https://otportal.coto.org/Public-Register-Search-Custom/>
- Use the Ontario society of Occupational Therapists’ (OSOT) online search tool which can link you directly with occupational therapists who accept referrals for private services in your area: https://www.osot.on.ca/OSOT/OT_Directory/PublicDirectory.aspx

SOCIAL WORKERS

- Contact the Ontario College of Social Workers and Social Service Workers (OCSWSSW) to view the online registry to search for a registered social worker. It provides information on all registered social workers and social service workers in Ontario. In this easy-to-use tool, you will find information about a member's registration status, discipline history, and their employer contact information. The OCSWSSW is a regulatory body whose primary duty is to serve and protect the public interest. College membership is required if a person represents or holds out expressly or by implication that he or she is a social worker or a social service worker or a registered social worker or a registered social service worker. www.ocswssw.org/about-us/contact_us/ Call toll-free: 1-877-828-9380
- Contact the Ontario Association of Social Workers (OASW) visit www.oasw.org/ or Call 1-416-923-4848 or search on-line at www.findsocialworker.ca/ON/en/default.asp
- Local non-profit agencies are also available with sliding scale fees geared to income:
 - Camino Wellbeing + Mental Health (a unification of Carizon, KW Counselling Services and Monica Place) caminowellbeing.ca 519-743-6333 (Wat Region)
 - Shalom Counselling Services <https://shalomcounselling.org> 519-886-9690 (Wat)
 - Porchlight Counselling & Addiction Services porchlightcnd.org 519-621-5090 (Camb)
 - Front Door: Child and Youth Mental Health Services frontdoormentalhealth.com (Wat Region)
 - Compass Community Services compasscs.org 519-824-2431 (Gue-Well)
 - CMHA Waterloo Wellington Branch 1-844 264-2993 or visit www.cmhaww.ca
 - Maplewoods Centre for Family Therapy and Child Psychology (Uni of Guelph) <https://www.uoguelph.ca/maplewoods/>
 - Health Connect Counselling – All referrals for this program are made by family doctors. Health Connect Counselling Partners services are provided at no cost for individuals, couples and families who have been referred through their family doctor. To find out if your doctor is a partner of Health Connect Counselling Partners, please inquire at your doctor's office or contact the Intake Coordinator for Health Connect Counselling Partners at 519-622-1670 ext. 125
 - Counselling Collaborative of Waterloo Region - call Central Intake at 519-804-1097 or any of the Counselling Collaborative Agencies to speak with an Intake Worker who will work with you to determine the right program or service for you. <https://counsellingwr.ca/>

PSYCHOLOGISTS

- Telephone the Ontario Psychological Association at 1-800-268-0069 or view the website at www.psych.on.ca
- You may also find information about Psychological Associates at the Ontario Association of Psychological Associates website: www.oapa.on.ca
- 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.

COLLEGE OF REGISTERED PSYCHOTHERAPISTS OF ONTARIO

- www.crpo.ca/find-a-registered-psychotherapist/ or call 416-479-4330

APPLIED BEHAVIOUR ANALYSIS

- KidsAbility
- ONTABA is the Ontario Association of Behavioural Analysts (www.ontaba.org). The Provincial government has committed to working towards regulating this association. Applied Behavioural Analysis (ABA) is widely recognized as a safe and effective treatment for autism. In particular, ABA principles and techniques can foster basic skills such as looking, listening and imitating, as well as complex skills such as reading, communicating and understanding another person's perspective.
- Autism Ontario maintains a list of service providers. Please follow the link to find www.autismontario.com/find-provider and click on the OAP Provider List.
- Additionally, if your child is registered with the Ontario Autism Program (OAP), you can access your Care Coordinator, who will offer to support your family to make informed choices about next steps and help to navigate other supports within and outside the OAP, such as providing your family with resources or additional information about how to select providers. [Ontario Autism Program | ontario.ca](http://ontario.ca)
- You can also search the internet for ABA providers in your area.

CRISIS SUPPORT

- If you are in crisis, please contact your family doctor, go to your closest hospital, call the Ontario Mental Health Helpline at 1-866-531-2600 or call 911
- Here 247: Call anytime at 1-844-437-3247 or 1-844-HERE247. Here 24/7 is your front door to the additions, mental health, and crisis services provided by 11 agencies across Waterloo Wellington. Please reach out if you need support.
- Find services in your community www.211ontario.ca; 211 Ontario is a search engine that will help find services across Ontario/Canada