



Frequently Asked Questions

What is the referral process?

Whether physician referred or self-referred, families need to obtain a physician's referral prior to the start of services. An initial evaluation may be scheduled by calling (603) 777-1885.

How will information about my child be obtained?

Personal information as well as developmental and medical histories will be obtained through a variety of means -

- Parent and child interview
- Standardized testing
- Records review
- Clinical observations

If your child has recently been tested by another provider, specific assessment procedures may not be repeated.

What is my role as caregiver in the evaluation process?

As the caregiver, you are an important part of your child's rehabilitation:

- You provide the therapist with pertinent information about your child.
- You help design the plan of care by identifying specific needs and developing treatment goals.
- As part of each treatment session, specific strategies and activities will be discussed with you that should be completed at home. Your child will need to practice regularly outside of the clinic. In this way, you are an essential part of the process.

What should I expect at the evaluation?

- Parents/caregivers are interviewed in order to provide a medical history, review specific concerns, assist in developing the plan for care and ensure your child is comfortable.
- Parents/caregivers may be invited to participate in some or all of the session depending on your child's needs.

What should I bring to the evaluation?

- Copies of any relevant evaluation reports from other providers
- A copy of the Individual Education Plan (IEP), if applicable
- A copy of the Individual Family Service Plan (IFSP), if applicable
- Copies of any relevant progress reports from other providers
- The completed case history form (we will review this information with you at the evaluation)

What will an occupational therapist evaluate?

Based on specific concerns, one or more of the following areas will be assessed:

- Sensory processing skills - how your child's body receives and processes information from the environment through the five senses:
 - Visual
 - Auditory
 - Proprioceptive
 - Tactile
 - Vestibular
- Motor Planning - how your child plans and executes motor movements
- Self-Regulation - how your child adjusts his/her arousal or activity level
- Visual motor and visual perceptual skills - how your child perceives visual information and uses it for motor tasks such as handwriting and cutting
- Upper extremity use:
 - Fine motor coordination
 - Bilateral coordination - using both hands together
 - Range of motion and strength
- Activities of daily living:
 - Dressing
 - Feeding
 - Self-Care

What will a physical therapist evaluate ?

Based on specific concerns, one or more of the following areas will be assessed:

- Strength
- Endurance
- Coordination
- Joint function and joint range
- Musculoskeletal alignment
- Posture
- Functional mobility and motor skills - how your child moves, walks, runs
- Motor planning - how your child can plan and execute motor movements
- Cardiopulmonary status
- Balance
- Sensory and neuromotor development
- Proprioception and body awareness - how your child moves in space and in different environments
- Motor skill development
- Muscle tone
- Gait pattern

What will a speech-language pathologist evaluate?

Based on specific concerns, one or more of the following areas will be assessed:

- Language comprehension and language use - i.e. vocabulary and grammar
- Articulation skills - your child's ability to produce age-appropriate speech sounds and be understood
- Social skills
- Oral motor skills - the structure and function of the articulators used for speaking
- Voice quality and voice use
- Stuttering
- Feeding/swallowing

What are the qualifications of the therapist(s) who will be evaluating my child?

1. **Physical Therapist (PT):** Certification by the American Physical Therapy Association as a registered physical therapist and Licensure to practice Physical Therapy in the State of New Hampshire and any applicable states in which the individual is delivering Physical Therapy services for Exeter Hospital.
2. **Occupational Therapist (OT):** Certification by the American Occupational Therapy Association as a registered Occupational Therapist and Licensure to practice Occupational Therapy in the State of New Hampshire and any applicable states in which the individual is delivering Occupational Therapy services for Exeter Hospital.
3. **Speech Therapist:** Certification by the American Speech-Language Hearing Association as a certified Speech-Language Pathologist and Licensure to practice speech therapy in the state of New Hampshire and any applicable states in which the individual is delivering speech therapy services for Exeter Hospital.

How do I prepare my child for the evaluation?

- Make sure your child is rested.
- Please have your child wear comfortable clothing and supportive shoes.
- Explain, if appropriate, the purpose of the first visit - to get to know your child, learn what he or she is really good at and what he or she may need help with.
- Visit the Pediatric Rehabilitation website at www.exeterhospital.com to see a picture of the therapist with whom your child will meet.

How often will my child be seen for services?

- The frequency of treatment sessions differs for all children and is determined based upon your child's specific needs. Most children are seen for services one time per week. In some, more severe cases, a child may be seen two to three times per week. The length of each session is typically 30-45 minutes depending on the nature of the problem, the age of your child and the specific goals to be addressed. Frequency and session length will be determined by the therapist following the initial evaluation.

What will my responsibility be in the rehabilitation of my child?

- You will need to ensure that your child attends each of his/her scheduled treatment sessions. Consistent attendance is necessary for your child's overall success.
- You will need to complete home program activities with your child to support therapeutic services and facilitate meeting established goals and objectives.
- It will be important for you to communicate regularly with your child's therapist to-
 - Discuss your child's performance in various settings
 - Describe his/her progress related to goals
 - Identify changing needs
 - Provide updates with medications
 - Review/revise his/her plan for care
 - Let us know how we can continue to support you and your child

How will payment for services be handled?

- Co-payments will be collected at check-in. All other applicable charges will be billed to you through Exeter Hospital's Patient Accounts department.
- If you have any questions about the billing process, about a specific bill or want to learn more about financial assistance programs for which you might be eligible, please call our Patient Accounts department at 580-6627 or go to www.exeterhospital.com.