

FREQUENTLY ASKED QUESTIONS



How often and how long will my child's therapy last?

The therapist will make a recommendation for how often and how long your child needs skilled therapy services. This is reassessed every six months to a year, based on frequency of therapy. The therapist will work with you to create a plan of care for your child. Many issues are considered, including:

- Your child's ability to benefit and participate in therapy
- Your ability as a parent to participate in therapy sessions and to follow through with activities in the home and community
- Your family's decision related to available resources (i.e., time commitment, availability to attend therapy, transportation, etc.)

Why do I need to do a home exercise program?

Progress toward therapy goals is a collaborative effort. Each therapy program is planned to meet the unique needs of your child. A main goal of therapy is to provide education and give ideas that can be used in the home. We want to help your child get the most from therapy. We work together as a team to get the most from therapy.

What is medically necessary therapy?

Medically necessary Physical or Occupational Therapy services are directed at achieving functional skills or preventing further loss of those functional skills, or reducing the incidence and severity of physical disability.

MEDICAL THERAPY PROGRAM (MTP)



CCS Provides medically necessary physical and occupational therapy services that require a physician prescription for children with a qualifying medical diagnosis.

Treatment services are provided at approved Medical Therapy Unit (MTU) locations. Your assigned MTU is determined by your home address.

All Medical Therapy Program (MTP) services are recommended by the CCS treating therapist(s), but reviewed, and ultimately determined and prescribed by the physician who is recognized to manage your child's MTP-eligible condition.

MTP therapy services are available regardless of income, but annual proof of residency and other paperwork is required to maintain CCS services.



THERAPY SERVICES

GUIDELINES FOR DETERMINING FREQUENCY OF THERAPY



Medical Therapy Program (MTP)
California Children's Services (CCS)
(530) 552-3835

ACTIVE THERAPY

There are two types of active therapy:
INTENSIVE and WEEKLY/BIMONTHLY

Each of these focuses on achieving functional skills, such as ambulation or activities of daily living (ADL) (i.e., dressing, feeding, brushing teeth, etc.). To maintain this level of therapy, clients must continue to make measurable progress toward functional goals. A Home Exercise Program (HEP) is reviewed and updated as necessary. Parents are expected to learn how to safely perform exercises and activities with their child.

INTENSIVE THERAPY

Two to three visits each week.

This frequency is for children who:

- Have immediate and complex needs
- Are quickly moving toward their goals
- Are at risk for losing function due to an acute medical condition
- Need frequent visits for a limited length of time
- Require intense family education

WEEKLY/BIMONTHLY THERAPY

One time a week or every other week.

This frequency is for children who:

- Are making continuous progress towards goals
- Need to see a skilled therapist for regular visits

FREQUENCY OF THERAPY

CCS offers two frequencies of therapy:

◀ ACTIVE and MONITOR ▶

The goal of therapy is to help each child develop the skills necessary for the job of living. Progress toward these goals is continuously assessed and the determination is made at least every six months for active therapy and at least once a year for monitor therapy.

While therapy is an essential part of the rehabilitative process, what happens outside of therapy is equally, if not more, important. It is essential to work with your therapist on handling skills and a home program to realize the maximum benefit of therapy services.

Therapists use guidelines for determining the frequency of therapy to help decide how often and for how long therapy services are needed.

CHANGE IN FREQUENCY

Transitioning from one frequency of therapy to another is to be expected. Transition occurs when your child moves from one life stage to another or from one functional level to another. As your child's needs, readiness to participate or outside interventions (surgery medications, etc.) occur, transition between frequencies may occur.

MONITOR THERAPY

A regularly scheduled therapy activity, with frequency ranging from monthly to yearly, in which the therapist re-evaluates the child's physical status, provides consultation and reviews and updates the Home Exercise Program (HEP) as necessary.

This frequency is for children who:

- Have plateaued in progress toward functional goals
- Need periodic sessions with a therapist to check on function, to provide consultation, and to update the HEP

