



# Making the most of therapy

SPEECH PATHOLOGY | DEVELOPMENTAL EDUCATION | OCCUPATIONAL THERAPY |

PHYSIOTHERAPY | PSYCHOLOGY

Children learn best within their families as family members are the primary influence on their learning and development.

This is why it is essential that when professionals provide therapy services for children, they also engage with their carers.

## Key messages

Therapists should work in collaboration with you and your family, taking into consideration your unique circumstances.

Therapeutic goals and outcomes are more likely to be achieved if the child's family members are involved in supporting them.

Therapy sessions undertaken exclusively in a clinic or an educational setting without the involvement of a child's carer/s are unlikely to be effective.

## Family centred practice

Therapists should work closely with you and teach you how to support therapy goals as part of the everyday routines and activities undertaken by your family. This is called family centred practice.

## Team around the child approach

Therapists should work in collaboration with you and a broader team of professionals, childcare or educational staff to ensure supports are coordinated.

## Questions to ask the therapist

- How can I support my child's therapy goals?
- How can I support my child between therapy sessions?
- Have you consulted with other professionals or education staff supporting the child?

## What happens next?

If a therapist is not working closely with you and not providing guidance around supporting your child's development discuss this with your case worker. If the therapist is unable to change their practice following a request to do so, talk to your case worker about changing therapy providers. The case worker may seek the help of a DCP Disability Consultant to find a new provider.

## Where can I learn more?

Please visit the DCP carers website for more information in supporting children and young people in care <https://bit.ly/dcp-disability-development> or by scanning the below QR code:

