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What to expect in the therapy process

We try to provide a flexible service so we can provide therapy to the child wherever it is most needed. We do school based therapy, kinder based therapy, home based therapy, and clinic based therapy. What we have found with children with autism is that the clinic is often a really good place to start because they can learn the skill that they need without the distraction of everything that happens at home or kinder.

We will often do some learning in the clinic with some very specific goals, and then we will look at how we can transfer that to the home or to kinder. We find that once the child has learned the skill, they can then practice the skill in their day to day environment where they have to take into account all of the other things that are going on. If we try and teach the skill in that day to day environment, it's often very difficult for the child to filter out what else is going on and also learn it in a way that they need it to be learnt.

We have a very flexible approach to therapy and we are constantly in touch with the parents about where they think it would be most appropriate. The other thing that we do is we make sure that we share information with everybody who needs it and we create that list from what the parent requests, they often let us know the kinder teacher or the OT or that psych and who they would like information to be sent to. After each session, we write to the specific goals that we have, and we send an email to the parents and anyone else that they have requested us to send it to. We find this really helpful because parents often find therapy very overwhelming, and there is a lot of information, so if we can give them a little summary of what we have done and some strategies about what we would like them to practice at home this helps maintain homework, it helps for Dad who hasn't been able to come to the session but he is able to read about it. And it also helps for the kinder teacher or the crèche teacher to know what we are looking at and how they can support the child in their everyday environment.

*** This is an approximate transcription only; minor modifications have been made to assist the reader.*