

OUTPATIENT PHYSICAL and OCCUPATIONAL THERAPY

Parent Handbook

Important Numbers: Phone – Physical Therapy (PT): 402-559-6415
Phone – Occupational Therapy (OT): 402-559-6580
Fax: 402-559-9263

Our Physical Address: Munroe-Meyer Institute – 6902 Pine Street | Omaha NE, 68106

OUR SERVICES: We provide physical (PT) and occupational therapy (OT) for children and young adults with intellectual and developmental disabilities (IDD) in the clinic, pool, home or community settings as appropriate. We work with other disciplines at MMI including speech, psychology and recreational therapy, as well as with equipment and orthotic vendors in the Omaha area. We provide consultation for adaptive or assistive technology including: special car seats, adaptive equipment for seating, standing, bathing, walking or other needs, orthotics that help with movement or motor function and wheelchairs.

AS THERAPISTS, WE BELIEVE THAT:

- movement matters for being healthy;
- every person can move on their own, with or without the help of technology;
- fun, function, friends, family, fitness and future are the focus of therapy;
- the *what, when, why* and *how* of therapy is guided by the choices and values of you, your child or your family.

NO-SHOW POLICY: Please respect your appointment day and time. If you have *two* 'no-shows' without calling to cancel, your appointment time will be given to another family.

CANCELLATION AND LATE POLICY: Please allow at least a 24-hour notice if you need to cancel your appointment. If you will be more than 15 minutes late to your scheduled appointment, please call and reschedule.

HOME VISIT POLICY: Home visits are an option when home safety or equipment needs in the home setting are the primary concern OR when the client has a medical condition that makes it unsafe for them to travel to the clinic, as outlined in our home visit policy.

HOURS: Our hours are 8 a.m.-4:30 p.m. Monday through Friday, with the option for some earlier or later hours on an individual basis.

BAD WEATHER: If there is inclement weather, please call the clinic if you are not able to be at your scheduled appointment. If MMI cancels, you will be called.

ILLNESS: If you or your child is ill or has had a fever within 24 hours of your appointment, please cancel and reschedule for a later time.

PARENT RESPONSIBILITIES: As a parent, primary caregiver, or medical guardian, I understand that I am expected to:

1. Stay for and be a part of the therapy session. If children/young adults do not practice their new skills at home with their family, it is less likely that they will learn those skills.
2. Come to all planned visits unless my child or I are sick.
3. Notify the therapist or office of upcoming appointments or family travel that might change the planned therapy schedule.
4. Notify the clinic of any planned or unplanned absences and call to reschedule after cancellations.
5. Check in at the front desk upon arrival to provide updated insurance information.

SPECIAL CONSIDERATIONS FOR POOL THERAPIES: The pool is a specialized setting for therapy that requires extra safety measures. If you or your child are receiving therapy in the pool, the following things are important to know:

- **Illness:** For the safety of all clients using the pool, if your child has any of the following symptoms or new onset of illness as described below, please cancel pool therapy and reschedule for a later time,
 - Fever within the past 72 hours
 - Onset of uncontrolled seizures
 - Onset of uncontrolled asthma or breathing difficulties
 - Skin rash or open wounds
 - Bowel or gut issues such as vomiting, diarrhea or loose stools within the past 72 hours.
 - Urinary tract infection
 - Ear Infection
 - Poorly controlled blood pressure (high or low)
 - Poorly controlled behaviors that increase safety risks in the water
- **Parent or Caregiver Responsibilities for Pool therapy:**
 - Bring all supplies needed for the pool session. This includes a change of clothes, towels and anything else that you or your child needs to stay warm and comfortable after getting out of the water.
 - Make sure you are able to safely get yourself and your child dressed and ready to get in the pool at the start of the session and to go home at the end of the session. There may not be any additional assistance for dressing/undressing.
 - Parents/caregivers are expected to join the therapy session in the pool. That makes the water safer for everyone and helps promote carry over at home.
 - Provide a swim diaper if you or your child have bladder and/or bowel incontinence or are not fully potty trained. Reusable swim diapers/briefs or disposable swim diapers such as Little Swimmers or Splashers are recommended.

Excellent patient care is our top priority. If you are unhappy with your or your child's care, or if you have concerns with the therapy session or the clinic, please discuss your concern with the treating therapist immediately. You may also contact:

- a. Amy Beyersdort, Interim Director of PT (402)559-6415
- b. Michelle Westengaard, Director of OT (402)559-6580
- c. Amy Nordness, Associate Director of MMI (402)559-6651

Parent Signature: _____ Date: _____