

The Family Advisory Council at Children's Specialized Hospital is dedicated to collaborating with Hospital leadership and staff—empowering families to provide valuable input toward improving organizational policies and practices.

The council has created the information below to assist in preparing for your visit.

Tips for Families: Discharge & Successful Transition from Therapy

- Have ongoing dialogue, week to week, with your child's therapist regarding progress toward goals. Communication is the key to success!
- Talk with your child's therapist about how to incorporate therapeutic activities into your daily family routine, school, and social interactions so carry over is successful.
- Consistently re-evaluate your child's goals with the therapist. Are the goals you and your child's therapist developed still possible or is there a need to change/adjust original goals?
- Your child may need to come and go from therapy as they grow and face new challenges in their lives. That's okay.
- Participate in your child's therapy session. It's important to observe and learn how to carry over your child's therapy at home. Consistent attendance at therapy sessions is crucial for success.
- Reserve the time slot you've shared with your child at therapy to take part in community or recreational programs after discharge. Find venues where your child can use the skills they've achieved in therapy.
- Some families find it helpful to connect with a family who has a child with similar therapy goals, or is going through similar situations as your family. If this is of interest to you, ask your therapist to help you make a connection.
- Discharge or transition from therapy will occur. Your child's goals are achieved. If your child is not able to achieve his or her goals at this time, he or she may need a break from therapy. There may be other reasons that discharge from therapy may occur. Ongoing dialogue with your child's therapist and active participation in your child's therapy sessions are important components in making transition from therapy successful.
- Remember Children's Specialized Hospital is one phone call away. If your child or your family is in need of our services please contact us at 1-888-CHILDREN (244-5373).

