

Content Creation and Editing: Draft One

HOME PAGE

Note: I took the “Connect, Engage, Show + Share” from the front of your brochure and tweaked it a bit. Let me know how you feel about this.

Connect. Engage. Communicate.

Located in Milton, Ontario, Playful Strides Therapy Inc. provides in-clinic Occupational Therapy and Physiotherapy services. Using a hands-on approach, our Registered Occupational Therapists (OTs) and Physiotherapists (PTs) support, educate, and help develop the skills of children that experience difficulty completing daily activities such as eating, playing, sleeping, and other behaviours. We also treat children with more complex diagnoses such as those that experience difficulty focussing, learning, writing, and completing other social activities. Our goal is to provide a safe learning environment where we can connect, engage, and communicate with your child and family.

Playful Strides Therapy Inc. services families living in Milton, Halton, Peel, Toronto, Guelph, and surrounding regions.

Note: The location of Playful Strides could be mentioned a bit further down from the main Home Page blurb of information.

ABOUT PAGE

Cathy O’Leary

Registered Occupational Therapist (OT), Catherine (Cathy) O’Leary, is the founder of Playful Strides Therapy Inc. In 1990, she received her Bachelor of Physical and Health Education (BPHE) from the University of Toronto and in 1994, Cathy graduated from McMaster University’s Bachelor of Health Sciences (Honours) Program (BHSc). As of 1994, she was certified to work as an Occupational Therapist in both Canada and the United States.

Cathy has presented on various topics to parents, teachers, and other professionals not only in the GTA, but also provincially, nationally, and internationally. Her expert knowledge has been presented to numerous councils, conferences, and symposiums including but not limited to the Council for Exceptional Children, the Canadian Seating and Mobility Conference, and the International Seating Symposium.

For nearly 20 years, Cathy has provided and continues to provide child-friendly “play-based” intervention and ongoing support to training therapists and students through OT experiences in her clinic. She is known for her supportive care of families and children as they work through self-regulation, feeding/eating concerns, and motor impairments.

Cathy believes in life-long learning and she continues to expand her knowledge base. This includes:

- **Self-Regulation/Control**
- **Motor Development**

- Motor Planning
- Neurodevelopmental Therapy (NDT)
- Dynamic Core Stability Strategy
- Fine Motor Assessment and Treatment
- Visual Motor Skill Development
- **Support Technology and Positioning**
 - Supportive Seating and 24-Hour Positioning
 - Assistive Devices Program (ADP) Authorization for Mobility Aids
 - Switch Assessment and Training
 - Assistive Technology Assessment and Training
- **Feeding Support**
 - Feeding Assessment and Treatment
 - For children with a limited variety of food intake
 - For children with swallowing issues (dysphagia)
 - For children with supportive care such as feeding tubs
 - Expert Level in the SOS Approach to Feeding Intervention

Stephanie Chow

Stephanie Chow is a Registered Occupational Therapist. In 2011, she completed her Master of Science in Occupational Therapy (MScOT) at Western University. Twice a week, Stephanie is at the clinic, where she works with families to ensure children have the most optimal learning environment to develop skills needed for daily living. She is passionate about children and prides herself in supporting and helping them to reach their full potential. Stephanie has experience working with children with various sensory and motor issues not only in Canada, but abroad as well.

Her continuing education includes but is not limited to:

- M.O.R.E
- Blomberg Rhythmic Movement Training (BRMT)
- Brain Gym 101
- Therapeutic Listening
- Handwriting Without Tears
- Introduction to Neurodevelopmental Treatment
- SOS Approach to Feeding
- The Wilbarger Protocol (Brushing) for Sensory Integration

Note: Could you provide what M.O.R.E stands for please?

Serena Kern

Serena Kern is both an Occupational Therapy Assistant (OTA) and Physiotherapy Assistant (PTA) who graduated with honours from Humber College's OTA/PTA program in 2017. She discovered her passion for Occupational Therapy as one of the first volunteers in the Dance Ability Movement in 2010. Serena also worked at the Milton Public Library throughout her college career as an assistant in children's programming.

Serena values the unique forms of ability of all children and believes that through specified intervention, any child can accomplish goals they set forth to achieve. From functional life skills development to fine motor support, she takes pride in her ability to make a difference in the lives of children and their families. Serena loves to learn and continues to seek out new learning opportunities. She provides direct treatment to children under the supervision of the therapists in the clinic as well as supports group and clinic activities.

Note: This was already well written! I just made some minor changes.

Munira Kantawala

Munira Kantawala is both a Registered Physiotherapist (PT) and a member of the Canadian Physiotherapy Association (CPA). She completed her Masters in Pediatric Physiotherapy in 2007 and before moving to Toronto, Munira worked exclusively in Pediatrics for 7 years in India.

She has a special interest in Sensory Integration Therapy and has completed courses 1 and 4 of the USC/WPS Sensory Integration Therapy program. Munira believes in keeping up with the recent trends in Physiotherapy, for which she has taken various courses and training workshops. These include:

- Kinesiotaping: Level 1 and 2
- Cuevas Medek Exercise (CME): Level 1
- Rhythmic Movement Training (RMT)
- Nondestructive (NDT) Training

Munira is an enthusiastic and outgoing member of the clinic who loves working with children of all age groups.

SERVICES PAGE

Note: I think there should be an area on this page that states what the difference between an OT and PT is. It's mentioned in the brochure and I think it's important to mention on the site. I was thinking:

What is the difference between an Occupational Therapist (OT) and a Physiotherapist (PT)?

Occupational Therapists (OTs) treat people with developmental disabilities by addressing environmental, personal, and occupational challenges while Physiotherapists (PTs) treat and support the functional skills of people by addressing their physical development.

Services Offered

- Goal-focussed assessments
- Individual, group, and camp treatments
- Parent and professional education programs
- Education for families, professionals, and paraprofessionals

Occupational Therapy and Physiotherapy Intervention

Assessments

Note: I thought we could explain this by using a question and answer format. Let me know how you feel about this.

Why is my child being assessed?

- Your child is being assessed because they have been referred by a parent, caregiver, school, or health professional to receive Occupational Therapy and/or Physiotherapy treatment.

Why are assessments used?

- Assessments are used to educate families on the challenges their child is facing. The information gathered is then used to build a treatment plan.

Who is assessing my child?

- Occupational Therapists (OTs) and/or Physiotherapists (PTs) will assess your child.

What is being assessed?

- During an Occupational Therapy assessment, an OT will address a child's sensory, gross and fine motor skills, and other abilities mentioned prior to assessment.
- During a Physiotherapy assessment, a PT will address a child's developmental and physical skills as they relate to functional movements needed to play, work, and engage in leisure activities.

How is my child being assessed?

- The assessment always includes a parent-child interview, an opportunity to "play" to examine motor skills and address any concerns, and a debrief session.

What is the duration of an assessment?

- Assessments are typically one (1) hour.

When should I book an appointment?

- Assessments are based on availability and should be booked at the best time for the child.

Are there any additional fees?

- If a report is required, there is an associated cost.

After an assessment, an intervention is the next step.

Treatment Options

Intervention

- Treatment can be provided in direct OT and PT sessions.
- Intensives are completed over a short period of time (5 days or less) to build a skill.
- Consultation intervention to families or other services can be provided.
- Group interventions provide motivation and peer support for many children.

Consultation with a Home Program

What is a Home Program?

- This program is suited for a child experiencing minor issues that require practise in order to improve. These exercises are often best achieved in the comfort of the child's own home.
- The caregiver educates the family and child on exercises and provides a plan of action.
- Family checks in on regular, pre-planned intervals.

What if my child is experiencing more difficult challenges?

- Children with life-long challenges often need ongoing intervention.
- Ongoing challenges require more monitoring and restorative care to maintain movement and flexibility, and to prevent orthopedic issues.

If you would like to book an appointment or gather more information, please fill out the form below.

Note: I removed the "if you would like to know more about our current groups" bit because it's already visible on this page for anyone interested.