



Therapy Information Cheat Sheet

- **Therapist Name:** _____
 - **Therapy Type:** ☐ Speech-Language ☐ Occupational ☐ Physical ☐ DIR/Play ☐ Other _____
 - **Location (School, Clinic, Home):** _____
 - **Start Date:** _____
 - **Session Schedule:** _____
 - **Session Length:** _____ minutes/hours per session
 - **Total Sessions Per Week:** _____
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Financial Details

- **Full Cost Per Session:** \$ _____
 - **Insurance Coverage (if any):** _____
 - **Copay or Out-of-Pocket Cost Per Session:** \$ _____
 - **Total Expected Monthly Cost:** \$ _____
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Top Parent Concerns

(These should help direct the focus of therapy!)

1. _____
2. _____
3. _____

Questions to Ask Your Therapist

- What specific goals are you targeting with my child?
- How were these goals determined?
- How will progress be measured and tracked?
- How often will I receive updates on progress?
- What should success look like in 3 months? 6 months?
- What can I do at home to support therapy goals?
- Are there other areas you are informally observing?
- Will you be collaborating with my child's other therapists/teachers?
- If progress slows, how will the therapy plan be adjusted?
- Are there alternative approaches if current strategies don't work?

Therapy Focus Areas

- Articulation/Speech Sounds
 - Language Comprehension
 - Social Communication (Pragmatics)
 - Sensory Processing
 - Fine Motor Skills (handwriting, buttoning, cutting)
 - Gross Motor Skills (balance, coordination)
 - Feeding and Swallowing
 - Self-Help Skills (toileting, dressing)
 - Executive Functioning (planning, organization)
 - Other: _____
-

New Recommendations / Referrals

(Write down any new ideas suggested by your therapist)

- _____
 - _____
 - _____
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Home Program and Resources

- Home Practice Assignments: _____
 - Recommended Exercises/Activities: _____
 - Helpful Apps/Tools/Books: _____
 - Support Groups/Workshops: _____
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Follow-Up Plan

- Next Progress Review Date: _____
 - Reevaluation Needed? ☐ Yes ☐ No
 - Home Action Steps: _____
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Remember: Effective therapy is a partnership. Speak up if you have questions or concerns.