



What to Expect at Oak Bloom OT

Location

Oak Bloom OT is located in Montclair (Oakland Hills – Bay Area)

Treatment Setting

We work primarily in a converted garage that is a sensory gym outfitted with suspended equipment such as swings, a trapeze, a trampoline, etc.

- There is a back yard with a playset and leveled grass for soccer or catch.
- A wooded trail, just three blocks away, provides a quiet place for treatment where kids can ground their bodies, climb rocks, balance along the fallen tree, and open up their senses to the natural world.
- There is a kitchen and a bathroom indoors for occasions when we work on hygiene, toileting, cooking, and kitchen skills.

Staff

Lee-Anne Bloom, OTR/L owns, operates, and treats clients at Oak Bloom OT. We also contract with Kerry Becklund, OTR/L who holds sessions on Monday and Wednesday afternoons.

- Interns: As clinical instructor, Lee-Anne works with Level II interns completing their graduate studies in Occupational Therapy. Interns provide support with treatment planning, note-taking, and treating clients with the supervision of the certified Occupational Therapist.
- Volunteers: Oak Bloom also accepts volunteers from the community who are interested in pursuing a career in occupational therapy. Volunteers help with non-treatment related tasks.

Types of Treatment Sessions

- Intake: Lee-Anne will hold an initial, 15-minute session to determine the course of treatment and frequency.
- Session Frequency: Typically, a child comes in weekly for 1:1 OT. However, some families prefer 1:1 sessions every other week.
- Parent sessions occur at a frequency amenable to the family (i.e., every other week, monthly, every other month).
- Social groups, an optional addition to 1:1 therapy, aim to foster social-emotional learning in a group setting (two kids/session).

Course of Treatment

Sessions are billed at 1 hour– 45 minutes of 1:1 therapy plus 15 minutes of post-session documentation.

- Digital notes are sent to parents after the session including activities performed in the session, therapeutic observations, progress towards goals, wonder questions, and (optional) homework. While OT homework is optional, families who invest the time tend to experience greater results.

Parent Attendance

Parents are welcome to attend any/all OT sessions. Sometimes, OT works best without parents present. On other occasions, parents are requested to stay for the duration of the session. This is determined by the needs of the individual child and the child-caregiver dynamics.

Parent Sessions

Parent sessions and family involvement are an important part of Occupational Therapy. At Oak Bloom OT we believe that teaching parents OT skills achieves greater and longer lasting benefits. The importance of parental involvement in pediatric OT is evidenced in the research (D'Arrigo, et al., 2019). As such, Oak Bloom encourages parent sessions at a cadence of every other week to once a month, but these also can be implemented as an as needed basis. Further, Oak Bloom holds parents accountable by requesting a \$100 retainer that will be reimbursed after the first parent session.

Invoicing

\$170/hour; first 15 minutes is free for consultations, questions, and email. After 15 minutes, Oak Bloom OT bills on a prorated schedule. 30 minutes = \$85; 45 minutes = \$142

- Billing occurs once/month via Venmo, check, cash
- Two week grace period, after which a 10% charge is accrued
- Reimbursement by insurance may be possible depending on the type of insurance and whether the child has a diagnosis. We do the best we can to provide an invoice that is tailored to your insurance needs.

Assessments

We offer assessment in sensory, fine motor, gross motor skills

- Upon request, we provide write ups and/or a zoom meeting to review results
- If the child has had other assessments, it may be helpful for the therapist to review reports from those

Schools

We offer school consultation and observations with additional write up and/or consultation with teachers and staff.

- OTs can participate in school meetings for SSTs, 504 meetings and/or IEP meetings
- We offer IEEs

Expected Outcomes

These depend on the child and the situation. Typically, the more sensory and emotional regulation tools are incorporated at home and in other settings, the greater the results.

Next Steps

- Email with everything
- Schedule
- Waitlist with DOB and schedule