

Welcome to



Where your child or  
young person's therapy  
journey begins...





## **Welcome to Abil-OT**

At our clinic we help children build confidence, independence, and the everyday skills they need to thrive. Our neuroaffirmative, child-centred approach means every step of your child's journey is designed around their strengths. We support children with a wide range of strengths and needs, including sensory processing differences, developmental coordination difficulties (dyspraxia/DCD), emotional regulation differences, motor skill development, and daily living skills.

Every child's journey with us starts with a detailed assessment enabling us to ensure your child's plan is tailored to their goals and every clinic session is purposeful.



## How Our Process Works

### **Step 1 – Comprehensive Assessment (£600)**

Assessment includes:

- 1:1 session with a Senior Occupational Therapist (approx. 2 hours).
- Play-based, and functional activities tailored to your child.
- Full written report with clear home and school recommendations.
- Parent feedback session.

### **Step 2 – Block book 6–8 weeks of intervention**

Therapy Block includes:

- 6–8 weeks of weekly therapy.
- Clearly communicated strategies shared with you each week.
- Review session in the final week.

### **Step 3 – Review Session (included in block)**

The last session of each block is a review. - Your child's therapist will discuss progress, adapt goals, and decide the next steps:

1. Commence a new block of therapy.
2. Move to monthly check-in appointments.
3. Implement a home programme.



## Payment Options

**Initial Assessments:** £600, including a compulsory booking fee of £150. Deposits are **non-refundable** unless your appointment is cancelled with more than 7 days notice. If cancelling outside of 7 days, the deposit can be transferred to your new appointment date. By booking, you confirm you have read and agree to these deposit terms.

**Therapy Blocks:** £660 (6 weeks) or £880 (8 weeks), paid prior to week 1 of your therapy block.

Split payment options are also available for blocks of intervention with 50% due prior to week 1 of your therapy block and the remaining 50% due prior to week 4 of your therapy block.

## **Review / Re-Assessment Policy**

If your child has not attended Abil-OT for more than 6 months, we require a re-assessment before restarting. This ensures we have an up-to-date picture of your child's needs and can set appropriate goals. The cost of a review/re-assessment is £300, and it includes an updated written report.



## **Why Do We Work in Blocks**

Blocks give your child a predictable, structured therapy journey. This helps reduce anxiety, build trust, and keep sessions focused on what matters most.

Blocks of occupational therapy give your child:

- A clear focus – Goals are targeted and reviewed regularly so therapy stays relevant.
- Predictability – Your child knows exactly how long the block will run, which helps reduce anxiety and build trust.
- Flexibility – At the review appointment, you choose whether to continue, move to check-ins, or pause therapy with a home programme.

This approach ensures that every session has purpose, progress is monitored closely, and families can plan ahead with confidence.



## What Parents Say

“The assessment was so thorough – we now understand what was behind our child’s struggles. The therapy made a huge difference and the review appointment helped us decide our next step with confidence.”

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***Parent - Newry***

“Having a clear plan meant my son knew what to expect and felt safe coming every week. We loved seeing his progress written down.”

***Parent - Dundalk***



## **Booking Your Child's Assessment**

Our assessment slots book quickly. To secure your child's place, contact us today. Once your booking is confirmed, we'll guide you through every step of their therapy journey.

Steps to get started:

1. Contact us by email at [shauna.ot@outlook.com](mailto:shauna.ot@outlook.com) or call 028 30053182.
2. We'll offer you the next available assessment slot.
3. Once your booking is confirmed, we'll send you our Welcome Pack and Agreement Form to complete before your first session.

[www.abil-ot.co.uk](http://www.abil-ot.co.uk)