



TLC Occupational Therapy, LLC
www.tlcotllc.com
703-239-3365

My goal is to exceed customer expectations through efficiency and a commitment to excellence. I've developed a solid reputation over the years helping kids reach their therapy goals, by excelling in three areas of the OT process.

1. Evaluation
2. Planning
3. Treatment

Initial and Continuous Evaluation

This is the start of my relationship with clients. I give the time required to fully evaluate the whole child (gross motor, fine motor, sensory, daily activities, etc.) and engage with parents to best understand the needs of a child and family. I'm known for my patience and calm demeanor, a critical trait with children who often have attention and behavioral issues.

Parents are always welcome in all sessions to help me best understand their child's needs, and for parent education and demonstration. I provide an environment that allows for quiet and safe individualized care, with less distractions that allows children to focus, and reduces child and parent stress.

Planning

Based on the evaluation results and parent feedback, I prioritize a wide variety of treatment options. I create short and long-term therapy goals, which also serve to measure progress towards age-appropriate skills and the ability to function independently. In addition to therapy sessions, I work closely with parents and recommend weekly home programs to enhance the benefits of therapy. The evaluation process is continuous, and I provide regular updates on progression, along with establishing new goals as needed. In addition to regular parental updates following treatment sessions, each child's goals and progress updates are available to parents via my secure on-line patient portal.

Treatment

I have a wide variety of training, experience, and necessary equipment to develop strength, coordination, and sensory processing, which is best utilized in a fun yet structured clinic environment. For example, the use of the Interactive Metronome allows me to further assess and treat children who have challenges with attention, auditory processing, motor coordination, and delayed cognitive processing. The Astronaut Training Program, along with suspension equipment, are used in treatment for children who have poor vestibular processing. Therapeutic Listening is an important treatment approach for children with auditory sensitivities, decreased engagement and poor self regulation. The Handwriting Without Tears curriculum and other adaptive equipment are utilized to address scissor skills, pencil grasp, and fine-motor skills to im-

prove a child's ability to participate effectively in school tasks.

Results

I have 20 years experience working with individuals of all ages with a variety of disabilities and special needs. I have experience with teletherapy and in-home therapy, but have seen the greatest benefits from a fun yet structured clinic setting with the necessary tools and adaptive equipment. While COVID-19 resulted in temporary changes to treatment options, in-clinic Occupational Therapy remains the most impactful when combined with home programs; they are not one in the same. My focus remains on the health of children, in addition to their personal growth and improved family dynamics.

I meet with children by appointment only in a private setting with safety precautions in place. Allow me to help your child reach their maximum potential.

Trisha Crawford, OTR/L

