

## Finding an Adult Medical Practitioner

### Finding a Family Physician

- Look on the internet: Go to <http://www.cpsso.on.ca/>
- Choose the tab 'Doctor Search'
- From this page you may search by a variety of categories such as gender, city, postal code, etc.
- Upon finding one that meets your specifications call the Doctor's Office
- Ask if he/she is accepting new patients
- Ask if the office is accessible
- Ask if the Doctor would take on a patient with special needs
- Book an appointment as a 'new patient'

For your first appointment:

- Arrive on time
- Ask lots of questions
- Be honest with the Doctor
- Do not settle on the first visit
  - If you are at all uncomfortable, try another Doctor
  - Just because you had one appointment does not mean you are stuck with that particular Doctor

### Finding a Therapist:

Questions to ask when selecting a therapist:

- Are you registered to practice in Ontario?
- Do you have a registration number?
- Where do you provide your service? Is it accessible?
- Do you have experience with preschool/school age children?
- What are your fees and what do they include?

Things to consider:

- If you have extended health care benefits through your employer, be sure to see if therapy services are covered. You may need a doctor's referral before therapy begins in order to receive coverage through your insurance company.
- Extended health care plans will require the therapist's registration number and a detailed receipt.
- Employee Assistance Programs through your employer may provide some benefits.
- Save receipts, since they may be applied to a medical income tax credit.

### **Audiology/Hearing Assessment:**

- ◆ Call the College of Audiologists and Speech-Language Pathologists of Ontario (CASLPO) at 1-800-993-9459.
- ◆ Look in the Yellow Pages under 'Audiologists'.
- ◆ You can also look on the Internet; go to [www.caslpo.com](http://www.caslpo.com); under 'Welcome to CASLPO' click on 'Find a Private Practitioner'; click on relevant information and type in city.

### **Behaviour Analysts/Behavioural Interventionists:**

- ◆ Telephone the Ontario Association for Applied Behaviour Analysis (ONTABA) at 416 651 3730.
- ◆ You can also look on the Internet: <http://www.ontaba.org/>?, click on 'Membership' and then 'Directory' for a list of members, and/or [www.abainternational.org](http://www.abainternational.org), click on membership, mailing list rentals, and complete an application form.

### **Occupational Therapists:**

- ◆ Look in the Yellow Pages under 'Occupational Therapists'.
- ◆ Telephone the College of Occupational Therapists of Ontario (COTO) at 1-800-890-6570.
- ◆ You can also look on the Internet: Go to [www.coto.org](http://www.coto.org); click on 'Public Information' and you can confirm that the occupational therapist is registered with the College; the practice category of each occupational therapist and the names of occupational therapists who speak languages other than English are also provided.

### **Physiotherapists:**

- ◆ Look in the Yellow Pages under 'Physiotherapists'.
- ◆ Call the College of Physiotherapists to find out if the physiotherapist you have chosen is registered: 1-800-583-5885.
- ◆ You can also look on the Internet. Go to [www.opa.on.ca](http://www.opa.on.ca); click on 'Find a physiotherapist'; select the appropriate city.

### **Psychologists:**

- ◆ Look in the Yellow Pages under 'Psychologists & Psychological Associates'.
- ◆ Telephone the Ontario Psychological Association at (416) 961-5552

**Social Workers:**

- ◆ Look in the Yellow Pages under 'Marriage, Family and Individual Counselors'.
- ◆ Telephone the Ontario Association of Social Workers at 1-416-923-4848 and they will give you the names of 3 private practices that specialize in the area defined by you.

**Speech-Language Pathologists:**

- ◆ Telephone: 1-877-740-6009 between 2:00-3:30 PM, Monday-Friday. This is a referral line offered by the Ontario Association of Speech-Language Pathologists and Audiologists (OSLA). You can ask for a listing of Speech-Language Pathologists who practice in your area. OSLA will give 3 names.
- ◆ You can also look on the Internet: Go to [www.osla.on.ca](http://www.osla.on.ca); click on 'Find a practitioner' at the top of the page; go to appropriate city/region or go to [www.caslpo.com](http://www.caslpo.com); under 'Welcome to CASLPO' click on 'Public Information'; next click on 'Find a Practitioner' and search by city.