

Therapy Settings: Choosing the Right Environment

At BlueRocket, we work under the principle that *participant's goals drive the therapy setting*.

Therapy can occur in the home, school, community, or clinic. Each setting has strengths and limitations. When exploring therapy options with clients, we recommend you:

- Match goals to the most effective setting
- Consider waitlists, travel and client comfort;
- Explore a mix of settings if appropriate (e.g., skill-building in clinic + generalisation in community).

Setting	Pros	Cons	Best For / Case Example
Home (Natural Setting)	<ul style="list-style-type: none"> • Comfortable, familiar environment • Family/caregiver involvement • Skills directly relevant to daily routines • Implement use of client's available resources (e.g. toys, equipment) 	<ul style="list-style-type: none"> • Travel costs • For school-aged clients, limited therapy time available outside of school hours 	<i>Goal: Independent meal prep</i> → OT and client practice cooking in participant's own kitchen.
School / Educational Setting	<ul style="list-style-type: none"> • Supports inclusion • Collaboration with teachers • Helps generalise learning into classroom routines 	<ul style="list-style-type: none"> • Requires school permission • Competing priorities in classroom • Limited therapy time during school hours 	<i>Goal: Participate in classroom activities</i> → Speech Pathologist supports client within classroom activities to build literacy skills.
Community	<ul style="list-style-type: none"> • Promotes real-world skill use • Builds independence • Encourages social participation 	<ul style="list-style-type: none"> • Less controlled environment • May cause anxiety • Travel/logistics can be a barrier 	<i>Goal: Travel independently</i> → Client & OT practice using public transport.
Clinic	<ul style="list-style-type: none"> • Access to specialised equipment • Quiet, structured environment • No travel charges 	<ul style="list-style-type: none"> • Less opportunity for real-life generalisation • Travel required for clients • New or less familiar environment 	<i>Goal: Improve fine motor skills</i> → OT uses clinic equipment to build hand strength before applying skills at home.