

Multidisciplinary Therapy Meetings (MDTs)
At Back to Basics Health Group, we believe the best outcomes happen when all your therapists work together. If you receive more than one therapy service with us, your therapists will meet regularly in Multidisciplinary Therapy Team Meetings (MDTs) to coordinate care and make sure every aspect of your therapy supports your goals.

What happens in MDT meetings

During an MDT meeting, your therapists discuss your goals, how you're progressing, and how they can best support each other's work. Each therapist shares their professional insights to make sure strategies are consistent and therapy remains focused on your priorities. For example:

- **Occupational Therapists** may share ways to support sensory and emotional regulation, or adapt tasks for fine and gross motor challenges.
- **Speech Pathologists** may guide the team on how to communicate most effectively with you to make sessions more meaningful.
- **Behaviour Support Practitioners** may identify the underlying causes of behaviours and suggest strategies to improve engagement and participation.

This collaborative approach ensures your therapy is coordinated, holistic, and goal-directed, so progress in one area supports progress in another.



Why MDT meetings are important

MDT meetings help your therapy team:

- Stay aligned on your goals and progress.
- Combine their expertise to find creative, evidence-based solutions.
- Ensure therapy strategies are consistent across all disciplines.
- Reduce duplication and prevent gaps between different types of therapy.
- Support steady, long-term progress toward your goals.

By sharing knowledge and strategies, our therapists can tailor your therapy more precisely to your needs and deliver cohesive, effective care.

How often MDT meetings occur

- Your Back to Basics therapy team will hold an MDT meeting every six months, or more often if needed.
- You'll always be informed when an MDT meeting is scheduled that involves your therapists.
- The duration of an MDT meeting varies depending on your needs and the number of therapists involved – typically between 15 minutes and 1 hour per therapist.
- All MDT meeting time is billed at the relevant therapist's hourly rate, as outlined in your Service Agreement, Service Schedule, and the Fees + Charges Guide.