



**THINK**  
Therapy

# Menu of Services

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Edition  
2025 / 26





# Rebuilding Lives with Purpose and Clarity

## Specialist Support Tailored to Your Client's Needs

Think Therapy 1st delivers bespoke, clinician-led rehabilitation programmes designed to help individuals of all ages regain independence and rebuild their lives following injury.

With a nationwide team of specialist rehabilitation occupational therapists (SROT), Think Therapy 1st offers a fully personalised approach to assessment, treatment, and ongoing support – rooted in evidence-based practice, delivered with compassion, and focused on what matters most to each client.

Think Therapy 1st programmes support people at every stage of their journey, from initial needs assessment to structured recovery and key working; they can be implemented at any stage of a client's legal claim from pre- to post-litigation. Whether returning to work, adapting at home, or managing complex long-term conditions, each client receives the right support, in the right setting, at the right time.

This Menu of Services outlines the core options available for children, young people, and adults. Every service is designed to be collaborative, outcome-focused, and underpinned specialist multidisciplinary coordination.



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**Think Therapy 1st welcomes referrals from case managers, insurers, and solicitors. If you are unsure which service is the best fit for your client, the Think Therapy 1st team is always happy to advise.**

**Email:** [enquiries@tt1st.co.uk](mailto:enquiries@tt1st.co.uk)

**Web:** [tt1st.co.uk](https://tt1st.co.uk)

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# A Clear, Structured Approach to Specialist Rehabilitation

Every journey with Think Therapy 1st begins with a deep understanding of the client, their goals, challenges, and daily life. From the initial assessment through to ongoing therapy and multidisciplinary coordination, our approach is practical, personalised, and outcome focused.

Transparency and simplicity is at the core of Think Therapy 1st. Below is a typical pathway from referral through to rehabilitation, programme conclusion, and beyond.

## Initial Enquiry

- Referral received from case manager, solicitor or insurer.
- Referral reviewed by Think Therapy 1st's support team within the same working day, including matching to a local SROT with the right skill set and as much as possible, a similar personality to the client, ensuring an appropriate match.
- Initial contact made with the client within 48 hours to discuss services offered by Think Therapy 1st.

## Rehabilitation Needs Assessment (RNA)

- Conducted in-person and usually in the client's home (and other settings, if required).
- Comprehensive clinical and environmental assessments.
- Narrative gathered from the client, and where possible, a family member or carer.
- Time is taken to fully understand the client's values, priorities, and what truly matters most to them in relation to their rehabilitation journey, including their hopes and aims for recovery. This forms the foundation of the rehabilitation process, ensuring that all therapy goals are not only clinically appropriate, but also personally meaningful.
- Proposal of Work (PoW) provided, including costs, recommendations, and proposed therapy timeline.

## Tailored Rehabilitation Programme

- Agreed level of therapy intensity (High, Medium, Low, or Slow Stream).
- Weekly or fortnightly in-person, delivered by a Specialist Rehabilitation Occupational Therapist.
- Input with Think Therapy 1st is activity-based to increase functional abilities and can include equipment provision, training, and liaison with workplaces or schools.
- 3rd party/MDT coordination if required.
- Monthly progress reports shared with referrers and written in collaboration with the client.

## Transition & Ongoing Support

- Therapy input gradually reduced as clients progress towards independence.
- Option to transition into our Key Working service for continued oversight and MDT coordination.
- Support remains flexible and responsive to the client's evolving needs, being reviewed on a monthly basis.

**Think Therapy 1st work collaboratively with all parties to ensure rehabilitation is effective, consistent, and client-centred.**

# Adult Rehabilitation Needs Assessment

## Specialist Support Tailored to Your Client's Needs

A comprehensive, in-person assessment is the starting point in every rehabilitation journey with Think Therapy 1st.

Taking place at your client's home and undertaken by a Specialist Rehabilitation Occupational Therapist (SROT), the assessment provides an in-depth understanding of the client's current needs, environment, and personal goals.

### What a Rehabilitation Needs Assessment Includes

- An at home-based assessment with the client and a family member or carer present, where appropriate.
- A structured discussion to explore functional challenges and meaningful goals.
- Clinical assessments and an environmental review.
- Identification of barriers to daily living and participation.
- Optional assessment of a second environment, such as the workplace or a community setting.

### Capturing a Client's Voice

As part of the rehabilitation offered by Think Therapy 1st, each assessment includes a guided narrative section, giving the client, and if appropriate, a family member, the opportunity to share their views, priorities, and hopes for their rehabilitation and recovery, in their own words.

### What You Will Receive

- A comprehensive written report with clinical findings.
- Clearly defined rehabilitation goals and recommendations.
- A proposed treatment plan, including a timeline, and associated costs.
- Suggested input from other professionals or agencies where relevant.

## Pricing

Service	Fee	Notes
Assessment of One Environment	£1,995.00	e.g. home only
Assessment of Two Environments	£2,295.00	e.g. home and workplace/school
Travel	£6 per 5 minutes (capped at 120 minutes)	Applied both ways.

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# Adult Specialist Rehabilitation Occupational Therapy Programme

Think Therapy 1st's fixed-fee core therapy programme. Please note that therapy intensity and therapy timescale are recommended within the Rehabilitation Needs Assessment.

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## Environmental Change Intervention

When intensive clinical support is needed to arrange an environment ready for relocation or return from the hospital; this may include arranging minor adaptations, equipment, and care providers and coordinating acute, community and voluntary resources. Monthly update reports are provided.

**£4,650.00  
per month  
+ travel**

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## Crisis Intervention

A short-term package of intensive support for when a client is at significant risk, e.g. homelessness, abuse or mental or physical health emergencies, or there is a breakdown of the support network. Monthly update reports are provided.

**£4,700.00 -  
£7,000.00  
per month  
+ travel**

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## High-Intensity Rehabilitation

Up to 3 sessions per week to deliver bespoke task-orientated rehabilitation. Activity-based sessions include but are not limited to equipment provision and training of family and carers - liaison, training and support for employers. Multidisciplinary creation and coordination support transferring any newly learnt strategies into their routine. Monthly update reports are provided.

**£4,000.00  
per month  
+ travel**

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## Medium-Intensity Rehabilitation

Up to 2 sessions per week as above. Sessions focus on activities designed to enable your client to achieve and maintain their goals, progressing to becoming work-ready. This phase focuses on developing your client's self-efficacy and autonomy - multidisciplinary coordination supporting transferring any newly learnt strategies into their routine. Monthly update reports are provided.

**£3,500.00  
per month  
+ travel**

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## Low-Intensity Rehabilitation

Up to 1 weekly session with a strong focus on self-led activities between sessions. Liaison with employers and return-to-work coordination, including sessions in the workplace where appropriate. Multidisciplinary coordination is graded to being client-led. Monthly update reports are provided.

**£2,700.00  
per month  
+ travel**

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## Slow Stream Rehabilitation or Vocational Rehabilitation

Suited to clients who are working or have other commitments that they are participating in and, therefore, have limited time for therapy sessions, or the focus is vocational rehabilitation, and will benefit from clinical face to face or remote oversight. Monthly update reports are provided.

**£2,000.00  
per month  
+ travel**

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## Transition - 3-month Block

This phase is used as part of the final SROT rehabilitation input, where the focus is on the client maintaining goals and strategies. Weekly contact with some face-to-face and remote contact depending on the client's needs. Monthly update reports are provided.

**£4,800.00  
per month  
+ travel**

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# Adult Pain Specialist Rehabilitation Programme

Holistic Education for Living with Pain (HELP) is Think Therapy 1st's unique approach to pain management. This programme combines innovative activities with holistic approaches to empower, and enable, your clients to live their lives despite their pain experience.

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## Rehabilitation Needs Assessment

Assessment on one environment, for example the client's home

£1,995.00

Assessment of two environments, for example the client's home and workplace

£2,295.00  
+ travel

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Specialised HELP program, led exclusively by Specialist Rehabilitation Occupational Therapy, provides tailored sessions over a duration of up to 3 months, or 12-18 sessions for a focused approach to pain management.

**Option 1:** HELP delivered by a Specialist Rehabilitation Occupational Therapist (SROT)

£5,995.00 + travel

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HELP plus physiotherapy: a collaborative multidisciplinary approach integrating Specialist Rehabilitation Occupational Therapy with physiotherapy tailored to your client's needs:

**Option 2:** HELP delivered by a Specialist Rehabilitation Occupational Therapist. An initial physiotherapy assessment and 5 -7 additional physiotherapy sessions.

£6,995.00 + travel

**Option 3:** HELP delivered by a Specialist Rehabilitation Occupational Therapist. An initial physiotherapy assessment and 9- 12 additional physiotherapy sessions.

£7,495.00 + travel

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HELP plus psychology: a combined multidisciplinary approach integrating Specialist Rehabilitation Occupational Therapy and psychology tailored to your client's needs:

**Option 4:** HELP delivered by a Specialist Rehabilitation Occupational Therapist. An initial psychology assessment and 4 weeks of psychology support.

£8,495.00 + travel

**Option 5:** HELP delivered by a Specialist Rehabilitation Occupational Therapist. An initial psychology assessment and 12 weeks of psychology support.

£10,495.00 + travel

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HELP plus physiotherapy and psychology: a collaborative multidisciplinary approach integrating Specialist Rehabilitation Occupational Therapy, physiotherapy and psychology tailored to your client's needs:

**Option 6:** HELP, physiotherapy and Psychology. The intensity of physiotherapy and psychology will be tailored to your client's needs.

Maximum of  
£11,995.00 + travel

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# Adult Key Working Service

The Adult Key Working Service was developed in response to customer feedback to ensure clients continue to receive oversight whilst the litigation process is ongoing. Specially designed for those who have completed the active phase of their rehabilitation or who have achieved the majority of their goals.

This service is managed by a dedicated Key Working Coordinator, who oversees multidisciplinary and agency providers, maintains regular client contact, and ensures timely access to appropriate SROT support when needed.

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## Key Working (High)

Led by the Key Working Coordinator, whereby 3 or more multidisciplinary/ agency services require coordination. The Specialist Rehabilitation Occupational Therapist has regular contact with your client and MDT, ensuring that the achieved goals and strategies learned to manage their life (including any long-term disabilities) are consistently upheld. The Specialist Rehabilitation Occupational Therapist completes a monthly review, with an updated report sent to the referrers monthly.

**£1,750.00**  
**per month**  
**+ travel**

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## Key Working (Medium)

Led by the Key Working Coordinator whereby up to 2 multidisciplinary/ agency services require coordination. A combination of remote and face-to-face Specialist Rehabilitation Occupational Therapy support is provided to your client to ensure their achieved goals and learnt strategies to manage their life (including any long-term disabilities) are maintained. The Specialist Rehabilitation Occupational Therapist completes a monthly review, with an updated report sent to the referrers monthly.

**£1,250.00**  
**per month**  
**+ travel**

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## Key Working (Low)

Led by the Key Working Coordinator, whereby 3 or more multidisciplinary/ agency services require coordination. Less clinical support is required, with the client receiving one or two inputs (usually remote) per month from the Specialist Rehabilitation Occupational Therapist. The Key Working Coordinator completes a quarterly review and report, which is sent to the referrers.

**£1,000.00**  
**per month**  
**+ travel**

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## Key Working (Light)

Led by the Key Working Coordinator, whereby up to 2 multidisciplinary/ agency services require coordination. Specialist Rehabilitation Occupational Therapy input on request by the Key Working Coordinator for clinical support or specific MDT coordination. The Key Working Coordinator completes a quarterly review and report, which is sent to the referrers.

**£1,000.00**  
**per month**  
**+ travel**

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# Children, Young Adults and Family Assessment (CYaF)

## Collaborative, Developmentally Informed Assessments for Every Age

Think Therapy 1st delivers Specialist Rehabilitation Occupational Therapy tailored to the unique needs of children and young people following injury or trauma.

Children, Young Adults and Family Assessments are designed to understand not only clinical challenges, but also the educational, emotional, and social impact on the individual and their family. Each assessment is developmentally informed, collaborative in approach, and designed to shape a meaningful, goal-focused rehabilitation plan.

### What a Rehabilitation Needs Assessment Includes

- A face-to-face home-based assessment with the child or young person and their caregiver.
- Age and developmentally appropriate clinical assessments .
- Liaison with school, college, or other educational settings (remote or in-person).
- Optional assessments such as community or extended family settings.

### Supporting the Whole Family

Each assessment provides space for both the young person and their caregiver to share their experiences, hopes, and priorities for the rehabilitation programme, helping to shape a programme that is clinically effective and realistic.

### What You Will Receive

- A comprehensive written report with clinical findings.
- Clear rehabilitation goals and recommendations, tailored to the child/young person's environment and daily life.
- A proposed treatment plan, timeline, and cost.
- Recommendations for multidisciplinary team (MDT) involvement or third-party services, where relevant.

### Pricing

Service	Fee	Notes
Assessment of One Environment	£1,995.00	e.g. home only with caregiver input
Assessment of Two Environments	£2,295.00	e.g. home and school with caregiver and teacher input
Extra Environments	£300	e.g. community centre
Travel	£6 per 5 minutes (capped at 120 minutes)	Applied both ways.

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# Children, Young Adults and Family (CYaF) Treatment

Think Therapy 1st's fixed-fee core treatment programme is specifically designed to meet the developmental, emotional and clinical needs of children and young people following injury or trauma. Please note that therapy intensity and therapy timescale are recommended within the CYaF Assessment.

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## Environmental Change Intervention

When intensive clinical support is needed to arrange an environment ready for relocation or return from the hospital, this may include arranging minor adaptations, equipment, and care providers and coordinating acute, community and voluntary resources. Monthly update reports are provided.

**£4,465.00**  
**per month**  
**+ travel**

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## Crisis Intervention

A short-term package of intensive support for when a client is at significant risk, e.g. homelessness, abuse or mental or physical health emergencies, or there is a breakdown of the support network. Monthly update reports are provided.

**£4,400.00 –**  
**£6,600.00**  
**per month**  
**+ travel**

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## High-Intensity Rehabilitation

Up to 3 sessions per week to deliver bespoke task-orientated rehabilitation. Activity-based sessions include but are not limited to equipment provision and training of family and carers- liaison, training and support for education staff. Multidisciplinary creation and coordination support transferring any newly learnt strategies into their routine. Monthly update reports are provided.

**£4,000.00**  
**per month**  
**+ travel**

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## Medium-Intensity Rehabilitation

Up to 2 sessions per week as above. Sessions focus on activities designed to enable your client to achieve and maintain their goals and support their education. This phase focuses on developing your client's and care giver's self-efficacy and autonomy- multidisciplinary coordination supporting transferring any newly learnt strategies into their routine. Monthly update reports are provided.

**£3,500.00**  
**per month**  
**+ travel**

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## Low-Intensity Rehabilitation

Up to 1 weekly session with a focus on self-led activities between sessions. Liaison with school and college coordination. This phase focuses on transferring the Multidisciplinary coordination to the client or caregiver. Monthly update reports are provided.

**£2,700.00**  
**per month**  
**+ travel**

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## Slow Stream or Return to Education Rehabilitation

Therapy intensity is reduced to support your client's needs whilst ensuring there is clinical oversight and coordination of any multidisciplinary teams. The monthly input is specific to your client's needs, and monthly update reports are provided.

**£2,000.00**  
**per month**  
**+ travel**

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## Transition – 3-month Block

This phase is used as part of the final SROT input, where the focus is on the client and caregiver maintaining goals and strategies. Weekly contact with some face-to-face and remote contact depending on the client's needs. Monthly update reports are provided.

**£4,800.00**  
**per month**  
**+ travel**

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