

# OCCUPATIONAL THERAPY



## **Occupational Therapy**

Improving fine and gross motor skills, support in self-care, regulating emotions and more.

## Why Growing Early Minds?

We make it easy for families to access speech-language pathology, occupational therapy, dietetics, psychology and behaviour support all under the one roof.

- Proud history of over 20 years
- Experienced allied health professionals
- Best practice, evidence-based methods
- Collaborative, holistic, family-centered approach
- Support offered in clinic, mobile or via telehealth
- Link to free supported playgroups and programs
- Registered NDIS and Medicare Provider
- Interpreting and translation services available
- Memberships held across all peak bodies
- Not-for-profit, registered charity status
- TPV and ISO9001 certified



Australia Health Practitioner Regulation Agency (AHPRA) supports 15 National Boards and is responsible for regulating health professions e.g. occupational therapy, psychology etc.

The primary role of the National Boards is to protect the public and set standards and policies that all registered health practitioners must meet. All our Growing Early Minds occupational therapists are registered AHPRA practitioners.

## About Growing Early Minds

**Growing Early Minds is a community based, not-for-profit organisation that provides early intervention and disability support to children between 0-16 years.**

**We're a registered NDIS and Medicare provider and families have the option to visit us in clinic, mobile or via telehealth.**

**We're committed to supporting and growing the potential of children, families and communities, and this has remained unchanged since our initial establishment in 1994.**

**For more information about our team, services, programs and funding options visit [growingearlyminds.org.au](http://growingearlyminds.org.au)**

**Occupational therapy is about helping children complete daily activities, facilitate independence and participate fully in their natural settings.**



**Does your child have difficulties writing, playing, dressing or concentrating?**



**Let's build foundational skills to help your child perform at their best.**



**Experience with complex needs, developmental delay or disability.**



**Start your journey by contacting us today!**

## **What is occupational therapy?**

Occupational therapy can help children understand and work with their bodies so they can perform the basic life skills and tasks required at home and school. Building and strengthening foundation skills such as handwriting, cutting, tying shoelaces, self-care (dressing, feeding and toileting), concentration, attention, coordination, balance and movement allows your child to get the most they can from their learning environment.

## **What are the goals of occupational therapy?**

Every child is different, and the goals will depend on their individual needs. Some goals involve working on:

- **Fine motor** – synchronisation of hands and fingers with the eyes for activities such as handwriting, colouring, cutting, holding cutlery and tying shoelaces
- **Gross motor** – using large muscles and movement of the whole body that are needed for playground games, sports, balance, coordination, posture, strength and endurance
- **Sensory processing** – involves the way children receive, interpret and respond to sensory information. Children can often be under or over-reactive to emotions, sound, movement, vision, taste, touch, smell and pressure
- **Visual perception and visual motor integration** – processing visual information and matching that with the appropriate motor actions, e.g. completing a puzzle or copying handwriting
- **Self-awareness and body awareness** – understanding where our bodies are in space and how our bodies move e.g. how close to stand next to someone or how far to reach for an object



## Would my child benefit from occupational therapy?

There are a number of signs which could indicate your child may benefit from occupational therapy. These may include:

- Messy or poorly constructed handwriting
- Difficulties colouring, cutting, holding cutlery
- Becoming easily overwhelmed in situations
- Behavioural difficulties or concerns in environments
- Struggles copying from a blackboard or completing puzzles
- Problems with dressing, toileting, brushing teeth or other daily tasks
- Struggles with attention, concentration or following directions
- Difficulty with sitting at a desk or table, fidgeting or excessive movement
- Clumsiness, struggles to participate in playground games or sports
- Withdrawn from social situations and making friends
- Reduced confidence, anxiety or avoidance of activities

**Ask about our tailored educator workshops, parent training and school programs we offer.**

## What can I expect during a occupational therapy session?

Our therapy sessions range from 30, 45 or 60 minute time blocks. We begin with a comprehensive formal or informal assessment to understand your child's current ability, strengths, needs and goals. A session may include fun, play-based activities aligned with your child's interests, which helps to keep them motivated while they develop and practice their new skills. Our therapists work collaboratively with the family, educators and other professionals, which may include strategies to practice at home or school.

## How do I arrange an appointment?

If you feel occupational therapy might be beneficial contact us today. You don't need a referral from a GP or paediatrician, although this may help offset the cost of therapy. We will discuss with you the best pathway, fees and provide you with our referral form, along with any other important information we've discussed. Alternatively, you can download our referral form directly from our website.

# Talk to us today to see how we can help you.

Visit us in clinic, mobile or via telehealth.



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Registered NDIS Provider | Allied health professionals | Not-for-profit  
Growing Early Minds is an initiative of Growing Potential Ltd.