

Therapy Led Programs



Kindy Class

Focuses on supporting our youngest learners in the early stages of development and kindergarten environments, seeking to build confidence and create a positive growth mindset.

The Program provides children with skills and knowledge and encourages the development in language, cognitive, social and emotional skills by providing age appropriate learning concepts and outlining expectations.

A kindergarten environment is created by our Developmental Educator to prepare children for kindergarten. It focuses on playing with purpose, discovery and exploration. Lessons are around traditional learning techniques, including craft, music, colours, shapes, sounds, letters and numbers.

Our lessons are conducted in a fun and an interactive way, proving to build children's confidence levels and give them a positive foundation and good attitude to what will be a lifetime of learning.

How long is the program?

The Program runs from Term 1 to Term 4, attending a one class each week.

Eligibility

- Ages 3 to 5 years
- Children commencing kindergarten within the next few months
- Children who have commenced and require additional support to settle into their environment

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School Starters

Provides support to children who may require extra assistance in transitioning to primary school. A classroom environment is created by our Developmental Educator to prepare children for the mainstream school environment where they are gradually introduced to commonplace school experiences.

The Program provides children with skills and knowledge through school-based experiences so they can enter primary school with confidence. It encourages development in language, cognitive, social and emotional.

Curriculum is focused on building a foundation of reading principles, sounds and words, writing and concepts behind the abstract questions, counting sequences and developing problem-solving skills.



At the completion of the program, children will be able to successfully with minimal to no prompting:

- Navigate routines and rituals of a class
- Transition between tasks and classroom areas
- Demonstrate appropriate behaviours
- Manage distractions and disruptions
- Engage with educators, peers and activities individually and in group situations
- Manage conflict situations.
- Follow instructions
- Seek friendships with peers
- Request help or assistance from peers and educators
- Take turns and wait patiently
- Confidently approach tasks

How long is the program?

The program runs over a 6 week period and we also provide them some school-based support sessions during their actual transition.

Eligibility

- Ages 4 to 6 years
- Children commencing Primary School within the next few months
- Children who have commenced and require additional support to settle into their school environment

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Secondary Schoolers

Provides support to children who are transitioning from Primary to High School.

In order to support children and families and make the transition to high school more successful, our Developmental Educators have developed a program with core competencies which is individually tailored to ensure any specific challenges or requirements are addressed and each child's goals are met.

Curriculum covered:

- **Self Awareness**
 - ↳ Self-esteem, strengths, areas for development and challenges
- **Individual Profile**
 - ↳ Learning needs, goals
- **Social Skills**
 - ↳ Friendships, rules of conversation, peer and educator relationships, teamwork, and conflict resolution
- **Self-Advocacy**
 - ↳ Speaking up, finding and asking for help and dealing with peer pressure
- **School Details**
 - ↳ Resources, website, code of conduct, school clubs, teams, musical groups and other practical learning skills
- **Wellbeing**
 - ↳ Emotional toolbox, support networks, resilience, building self-esteem, coping with change and dealing bullying and harassment
- **Organisation**
 - ↳ Diary, timetable, homework, location, layout and public transport

How long is the program?

The program runs over a 4 week period and we also provide them some school-based support sessions during their actual transition.

Eligibility

- Ages 12 to 14 years
- Children commencing High School within the next few months
- Children who have commenced and require additional support to settle into their school environment



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Skill Setter

Skills Setters is designed for school leavers, adolescence and adults who are ready for tertiary study or employment. The focus is on both job skills education and practical training.

The program is run by a Behaviour Therapist and is designed to help learn job and tertiary education skills for the transition. Skills are developed in a classroom environment and in the community where hands-on learning and one on one practical assistance is offered.



The curriculum looks to identify ways to accommodate the needs of individual participants but includes the below curriculum:

- Individual Profile
 - ↳ Learning needs, strengths, areas for development and challenges goals

- Communication
 - ↳ Verbal and non-verbal skills, networking, rules of conversation and written etiquette
- Conduct
 - ↳ Expectations, teamwork, language and concepts, networking and conflict resolution
- Problem Solving & Critical Thinking
 - ↳ Multi tasking
- Goal Setting
 - ↳ Resumes, applications, written work and resources
- Skill Development
 - ↳ Literacy and numeracy
- Independence
 - ↳ Time management, schedules, budgeting and financial management and travel training
- Physical Health & Wellbeing
 - ↳ Emotional toolbox, support networks, resilience, building self-esteem and coping with changes
- Practical Experience

How long is the program?

Progress will be monitored throughout the program, to ensure milestones are reached. The program runs over a 4-week period.

Eligibility

- Ages 16 to 25 years
- School leavers, engaged or interested in tertiary study or employment

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Toilet Time

An important developmental skill for children is the transition from nappies to underwear. Being able to independently use the toilet is not just about physical control but also sensory awareness and social understanding. It contributes to the child's independence, physical comfort, self-esteem and social integration with other children.

However, toilet training practices can be a slow, frustrating and confusing process for many children and their families.

This program is run by one of our Occupational Therapist and aims to work in partnership with families to promote the development of toileting skills for the long-term health and wellbeing of children and young people.

Our Occupational Therapist can assist with implementation of an individualised toileting program. Additional training can be provided to the child's education, child care or care providers if required.

Eligibility

- Parents
- Caregivers
- Care providers
- Educators
- Support Workers

Autism Awareness

This program is delivered by one of our Clinicians with extensive experience working with individuals with Autism.

The comprehensive and powerful program aims to provide a better awareness of autistic spectrum disorder (ASD), and equips individuals with the skills and knowledge needed to best support individuals with autism.

The curriculum includes:

- Introduction to Autism Spectrum Disorder
- The triad of impairments
- Signs and symptoms
- Diagnoses
- Gender differences
- Support services
- Treatment and therapy
- Interventions and strategies
- Social inclusion
- Speech and language difficulties
- Repetitive and/or behaviours of concern
- Routines and change
- Sensory regulation
- Sleep and nutrition
- Emotional regulation
- Strategies

How long is the program?

The program runs for 6 hours and can be delivered in clinic, at home, education facilities or workplaces.

Eligibility

- This course would be beneficial to anyone looking to understand more about Autism