



Occupational Therapy

➤ ***Koorana Child & Family Services provides therapeutic interventions for children and their families across Sydney.***



What is Occupational Therapy?

Occupational Therapy assists children and young people to develop skills for increased independence and full participation at home, school and in the community. Koorana's occupational therapists can support your child to develop their self-care such as getting dressed and using a fork, emotional regulation, handwriting, coordination and concentration.

What does an Occupational Therapy program look like?

Koorana's team of experienced occupational therapists will work in partnership with you to create individual goals and strategies for skills development that best suit your child and family. Koorana will work with your child through targeted interventions, and coach you to nurture your child's progress towards independence in everyday activities.

Our team will help your child to:

- Develop independence in self-care tasks such as bathing, dressing, tooth brushing and eating;
- Learn social skills such as sharing and turn taking so they can make friends and engage with other children;
- Build strength and coordination in their hands, legs and body to participate in areas of play;
- Regulate their emotions so they can respond appropriately in a variety of social contexts;
- Prepare for transition to school and post-school programs.

Where does Occupational Therapy take place?

Occupational Therapy can take place at a Koorana centre, in the home, classroom, or other community setting. Our team will work closely with you to establish a location that best suit your needs.

How long does Occupational Therapy go for?

Individual sessions run for 30 - 60 minutes. The total number of sessions varies depending on the child's goals. We will talk with you to plan the best course of action for your child.

What is the cost of Occupational Therapy?

Prices are set according to the NDIS price guide. If you have an NDIS plan with therapy funding, the cost of occupational therapy will be met by your NDIS plan. Medicare covers a percentage of treatment costs. Private health funds may also cover these costs depending on your plan. Please talk to us to discuss the best funding options for you.

What if I do not speak English?

We can arrange for an interpreter for you if needed.

Do I need a referral?

No, you do not need a referral. To access Medicare funding, you will need to see your GP to determine eligibility and to obtain a treatment plan.

FOR MORE INFORMATION

Call us 02 8321 9600

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 @koorana

 koorana.org.au

