

AUTISM SA OCCUPATIONAL THERAPY SERVICES

What: Individualised therapy and group sessions

Where: Home visits, Kindy and Child Care visits, School Visits, Clinic based sessions at Netley, Northern suburb and Southern suburb venues. (Different costs may apply for different venues).

When: 9am-5pm weekdays
- Other times may be available on arrangement.

Autism SA is accredited and registered as a provider through:

- National Disability Insurance Agency;
- Helping Children with Autism Package;
- Better Start; and
- South Australian State Government Provider Panel.

To discuss payment options you can contact Autism SA who will only be too happy to discuss your options and potential pathways or if you have established contact you could discuss your options with your National Disability Insurance Agency Planner or Autism Advisor.

IN ALL OF OUR SERVICES WE AIM TO ESTABLISH GREAT RELATIONSHIPS, CONSISTENCY IN STAFF, EXPERTISE IN THE AREA OF DISABILITY AND SPECIFICALLY AUTISM SPECTRUM DISORDER AND EVIDENCE BASED AND INNOVATIVE PRACTICES.

OTHER SERVICES AND BROCHURES AVAILABLE INCLUDE:

- Speech Pathology
- Psychological Services
- Group Programs
- Assessments and Plans
- Information and Support Services

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AUTISM SA PROVIDING

OCCUPATIONAL THERAPY

FOR INDIVIDUALS WITH A DISABILITY



AUTISM SA HAS BEEN PROVIDING SERVICES TO CHILDREN ACROSS SOUTH AUSTRALIA SINCE 1964. OUR FOUNDING MEMBERS WERE FAMILIES DRIVEN BY THE DESIRE TO ENSURE THAT THEY HAD ACCESS TO THE BEST INFORMATION, EDUCATION, TREATMENT AND SUPPORT. WE HAVE REMAINED TRUE TO OUR BEGINNINGS.



OCCUPATIONAL THERAPY

Occupational Therapists (OT) are health professionals who help people experiencing difficulty in every day activities. OT's assess the person's skills to determine any underlying difficulties which may be impacting on their performance. OT's may work with the person to develop their skills in the following areas:

- **Daily living skills** - e.g. mealtime skills, dressing, bathing, toileting, sleeping. For older children/adults this may include tasks such as catching public transport, managing money
- **Play and leisure skills** – e.g. how to play with toys, how to play with others, coping with new play experiences, social skills
- **Sensory processing** – e.g. how the person processes information from their senses (e.g. taste, touch, sound, smell, body awareness, movement) and the impact of sensory difficulties on daily life
- **Fine motor skills** - e.g. using two hands together, colouring, drawing, threading, writing, scissor skills, managing fastenings etc. The OT assesses underlying reasons for fine motor difficulties and provides therapeutic support to improve function
- **Gross motor skills** – e.g. Crawling, sitting up, running, jumping,

hopping, skipping, body awareness, coordination, climbing. The OT assesses underlying reasons for gross motor difficulties and provides therapeutic support to improve function.

- **Managing behaviour, organisational skills, stress and anxiety.** To engage within the community and interact with other people, different skills.

Different skills are required at different stages of a person's life. An OT will assess the person and develop a program based on individual need.

The OT considers how the person's underlying disability may be impacting on their skills, relationships, and interaction with their environment

Further information about general Occupational Therapy services can be found at:

OT Australia
www.ausot.com.au

Allied Health Professions Australia
www.autism.ahpa.com.au

Better Health Channel
www.betterhealth.vic.gov.au

Therapy choices
www.therapychoices.org.au