

# Occupational Therapy

## Handy Kids

Our experienced Occupational Therapy team supports children and young people to develop their fine and gross motor skills, cognitive skills, social skills and independent living skills in order to be successful in their daily lives.

Intervention is delivered through individual and group programs targeting key skill areas of development including pre-braille, pre-writing, self-advocacy and school readiness.

Tailored programs can also support children around sensory processing difficulties, sleep issues and toilet training.

## Handy Kids

### Target Group

Children aged 5-8 years with a sensory impairment.

### What to expect

Handy Kids is a small group program consisting of 6-8 weekly sessions delivered during the school term.

The program may be based at one of our metropolitan centres.

Sessions are run by an Occupational Therapist along with a support staff member or student.

At the end of each session there is the opportunity for therapists to discuss progress with families.

### Aims of the program

The aim of this group is;

- To further develop fine motor skills including hand strength, bilateral coordination, writing skills and scissor skills.
- To promote the development of

communication and social skills including non-verbal communication, positive relationships; self-advocacy, identity, healthy competition.

- To offer opportunities for the development of friendships within a small group environment.
- To provide a supportive environment to discuss participant concerns and future goals.
- To provide support around sensory processing skills, to facilitate an appropriate arousal level and optimal attention and concentration.
- To promote good planning and organisation, increasing independence when performing activities of daily living.
- To provide caregiver support through frequent interactions with therapists and developing a network of caregivers.
- To further improve gross motor skills including coordination, balance, strength and motor planning.

### Goals of the program

Goals are individually negotiated with the child, their family and educators.

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### Outcomes

Children will develop skills required for successful participation in school, including their:

- Attention and concentration
- Understanding of routines and turn taking
- Skills for communication and social interaction
- Development of communication and friendship skills
- Increased confidence and abilities related to fine motor, gross motor and social skills.
- Increased level of independence in tasks related to household tasks and independent living skills
- Increased connectedness for families with others undergoing similar experiences

### Eligibility Criteria

Families must be registered for services with Can:Do 4Kids.

### Staff

Occupational Therapists are allied health professionals who promote health and wellbeing. They focus on assisting individuals to reach and/or maintain the highest level of independence and function in all aspects of their lives.

Can:Do 4Kids Occupational Therapists work as a part of a multidisciplinary team alongside Early Intervention Consultants, Speech Pathologists, Assistive Technology specialists, Child and Youth Development Consultants, Orientation and Mobility specialists, Physiotherapists, Social Workers and Audiologists.

### Locations

An Occupational Therapist may see a child/young adult:

- In the classroom
- In the home
- In the community
- At one of our clinic locations

### Referrals

Families can contact Can:Do 4Kids directly or with a referral from NDIS, your GP, Specialist or school.

### Funding

Can:Do 4Kids are registered to provide services under a variety of funding models including National Disability Insurance Scheme (NDIS), Medicare, Private Health and self funded.

If you are unsure of your eligibility, or would like to discuss the best funding method for your child please contact us for further information.

### Contact Us

We would love to hear from you. For further information about our services and to discuss your child's needs please contact us; on

Phone: (08) 8100 8200

Email: [services@cando4kids.com.au](mailto:services@cando4kids.com.au)

Web: [cando4kids.com.au](http://cando4kids.com.au)

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