

Occupational Therapy



Koorana Child & Family Services provides learning opportunities for all children and their families across the Inner West and South West areas of Sydney.

What is Occupational Therapy?

Occupational Therapy assists your child to develop skills which increase their independence so they can participate fully in the things they do every day in and out of the home. Koorana's occupational therapists can support your child to develop their self-care, social, coordination and concentration skills.



Who is it for?

Occupational Therapy is for any child who may benefit from a focused therapy program that will promote their independence and ability to participate fully in community life.



What happens and how will it help us?

Koorana's team of professional and experienced occupational therapists will work in partnership with you to create individual goals and plans that work for you, your child and your family. They will work with your child in a variety of ways to help them become more independent. They will also support you to continue developing your child's skills in their everyday activities.

Occupational Therapy will help your child to

- increase their independence in self-care tasks such as bathing, dressing, feeding and toileting
- improve social skills such as sharing and turn taking so they can make friends and engage in play with other children
- build their coordination and strength in their hands, legs and body so they can participate in all areas of play and learning
- increase their ability to concentrate and give attention by developing sensory motor skills so they can participate with others and learn effectively
- prepare for school transitions.

A formal assessment can be conducted if needed.

All children, All abilities, All possibilities

Where does it happen?

Occupational Therapy happens either at a Koorana centre or in the home, classroom or other community setting.

How long does it go for?

How long the occupational therapist is involved with you and your child varies for each child. For some it may only be for a few sessions, for others it could be for several months. Individual sessions run for 45 minutes.

What if I do not speak English?

Your worker can arrange for an interpreter if you need.

What does it cost?

On-site therapy session (at a Koorana centre) \$135
Off-site therapy session (e.g. at your home, in your child's classroom) \$170.

If you are eligible then Koorana can claim on your behalf for Helping Children with Autism, Better Start, Medicare and private health insurer claims. If you live in South West Sydney your fees may be covered by disability specific government funding.

How do I access the service?

Contact us by phone on (02) 9750-4100 or email enquiries@koorana.org.au. You can also find out more at our website www.koorana.org.au