

## WHAT IS AN OCCUPATIONAL THERAPIST?

Paediatric occupational therapy focuses on helping children develop skills which enable them to achieve their best abilities in areas including independence in self-care, sensory processing, fine motor skills and gross motor skills.

The term 'occupational' in occupational therapy refers to the 'occupations' of our daily life. For a child this usually is kindergarten/school, self-care or play.

Occupational Therapy works towards helping to make 'life easier' for children with developmental challenges.

## WHEN TO SEEK SUPPORT

If you have a child who has challenges with any of the following, an Occupational Therapist may be able to assist:

- Concentrating (on one thing at a time) and behaving appropriately
- Sensory Processing (for concentration and learning): sensory reactions within the body or in response to external stimulus which may impact concentration, behaviour and learning.
- Finger skills (Fine Motor skills): pencil and scissor skills (colouring, drawing, writing), opening lunch bags, manipulating toothbrushes, tying shoelaces.
- Whole body skills (Gross Motor skills): running, jumping, swimming, bike riding ball skills, posture at the table.
- Developing independence in self-care (mealtimes, dressing, toileting etc)
- Organising themselves (such as for playing a game, or packing their bags for school/kinder)
- Playing (both alone and with others)
- Self-Management: general organization, keeping track of personal items, understanding time, and using money.

## HOW TO REFER

Parents/Guardians can call a Private Occupational Therapist of choice and make an appointment for their child; a referral is not required, unless you wish to access Medicare rebates (see below)

The following list contains a variety of Occupational Therapists in the Wyndham area - this list is not exhaustive and the PSFO Service do not endorse any service listed. Please contact the service direct for more information and details of charges. You can also refer to OT Australia website to search for an Occupational Therapist within your area on [www.otaus.com.au](http://www.otaus.com.au) and go to the "Find an OT" link.

Families may be able to obtain Medicare rebates (up to 5 allied health rebates per calendar year) to patients who are referred by a GP under the Chronic Disease Management Plan (CDMP) - please refer to the section "**How to get Medicare rebates for seeing therapists**".

**\*Please Note\*** Children may be eligible for Community Health OT through IPC Health.

There are criteria that must be met in order to be eligible.

For eligibility criteria please contact your local IPC Health Service [www.ipchealth.com.au/services-information/](http://www.ipchealth.com.au/services-information/) or speak to your child's Educators / PSFO

|  |  |  |
|--|--|--|
| <b>INSPIRING POSSIBILITIES</b><br><br>Tel: 0400 825 344<br>Email: charlievella@bigpond.com<br>Web:<br><a href="http://www.inspiringpossibilities.com.au">www.inspiringpossibilities.com.au</a>   | Services Provided  | OT and Speech Therapy<br>(Telehealth only)             |
|  | Usual waiting times  | 2 weeks  |
|  | Bulk Billing?  | No   |
|  | NDIS Provider?   | Yes  |
|  | Medicare Rebates?  | Yes  |
|  | <b>Additional Info</b><br>We do after hours and weekends.  |  |
| <b>LANGUAGE FOR LIFE SPEECH PATHOLOGY</b><br><br>188 Heaths Road<br>Hoppers Crossing 3029<br>Tel: 9731 6486<br><br>118 Derrimut Road<br>Hoppers Crossing 3029<br>Tel: 9731 6923<br><br>Email:<br>enquiries@languageforlife.com.au<br><br>Web: languageforlife.com.au | Services Provided  | Speech Therapy, Psychology, OT                         |
|  | Usual waiting times  | Face to Face - 12 Months<br>Telehealth - 2 to 6 Months |
|  | Bulk Billing?  | No   |
|  | NDIS Provider?   | Yes  |
|  | Medicare Rebates?  | Yes  |
|  | <b>Additional Info</b><br>Experienced therapists working with children, adolescents, adults and aged.<br>Children with autism and clients who have difficulties with articulation, language, fluency (stuttering) and literacy, learning difficulties in the area of Social Skills, Handwriting, activities of daily living, sensory skills. and adults who present with swallowing and communication difficulties.<br>Developmental Disorders, Intellectual Disability, Behavioural issues, Mood disorders (e.g. depression), Anxiety disorders<br>diverse range of expertise area services<br>Speech, Occupational, Psychology Assessments<br>School based Speech services<br>Clinic Based/Telehealth/Home Visit Options possible<br>Book appointments online<br>Opens on Saturday |  |
| <b>D.O.T.S OT for Children</b><br>4 Pentlowe Street<br>Hoppers Crossing 3029<br><br>Tel: 8256 2484<br>Email: admin@dotschildot.com.au<br>Web: dotschildot.com.au   | Services Provided:   | Occupational Therapy                                   |
|  | Usual Waiting Time   | Extensive  |
|  | Bulk billing?  | No   |
|  | NDIS Provider?   | Yes  |
|  | Medicare rebates?  | Yes  |
|  | <b>Additional Info</b><br>Clinic, School, community, Home & Telehealth appointments  |  |
| <b>HORIZON ALLIED HEALTH</b><br>Occupational Therapy & Speech<br>Therapy Services<br>Tel: 1300 389 422<br>Email:<br>admin@horizonalliedhealth.com.au<br>Web: horizonalliedhealth.com.au  | Services Provided  | OT & Speech  |
|  | Usual waiting times  | 2-4 weeks  |
|  | Bulk Billing?  | No   |
|  | NDIS Provider?   | Yes  |
|  | Medicare Rebates?  | Medicare registered                                    |
|  | <b>Additional Info</b><br>Occupational therapy services available on Saturdays   |  |

|  |   |                              |
|--|---|------------------------------|
| <b>LEAPFROG THERAPY SERVICES</b><br>Paediatric Occupational Therapy Service<br><br>Mail Address:<br>Level 1, Suites 1&2,<br>74 Doncaster Road<br>Balwyn North 3104<br><br>Mob: 0406 508 281<br><br>Email:<br>admin@leapfrogtherapy.com.au<br>Web: www.leapfrogtherapy.com.au | Services Provided   | Occupational Therapy         |
|  | Usual waiting times   |                              |
|  | Bulk Billing?   | No                           |
|  | NDIS Provider?  | Yes                          |
|  | Medicare Rebates?   | Yes (with care plan from GP) |
|  | <b>Additional Info</b><br>Occupational Therapists at Leapfrog are specialists in Paediatrics with a particular focus on developmental and learning challenges and disabilities. We work with children of all ages and abilities with and without a diagnosis.<br>We have a clinic in North Balwyn and are a community-based practice that works in kindergartens, schools and homes of children in the Western and Eastern suburbs of Melbourne. Just some of the things we can help with are skills needed in the classroom such as fine motor skills and staying on task; self-care skills leading to independence appropriate for the child's age; play/social skills such as emotional regulation and understanding social cues and recreation skills to improve hand-eye coordination and balance.<br>Assessments and therapy are conducted at our Balwyn North clinic, child's home, school or kindergarten. Our therapists can also assist with SWEP applications and with NDIS application/review supporting documentation. |                              |
| <b>Katrina Smith</b><br><br>66 Derrimut Road<br>Hoppers Crossing 3029<br><br>Tel – 0409 673 435<br>Email: katrinas@y7mail.com  | Services Provided   | OT                           |
|  | Usual waiting times   | Minimum 12 months            |
|  | Bulk Billing?   | No                           |
|  | NDIS Provider?  | Yes                          |
|  | Medicare Rebates?   | Yes                          |
|  | <b>Additional Info</b><br>Children 0-12 years. Kindergarten, childcare and school visits available.<br>Appointments available: Tuesday, Wednesday, Thursday   |                              |
| <b>EQUIPKIDS OT SERVICES</b><br>C14, Level 2, 100 Overton Road,<br>Williams Landing, Vic 3027<br><br>Tel: (03) 9913 7826<br>Email: info@equipkids.com.au<br>Web: equipkids.com.au  | Services Provided   | Occupational Therapy (OT)    |
|  | Usual waiting times   | None                         |
|  | Bulk Billing?   | No                           |
|  | NDIS Provider?  | Yes                          |
|  | Medicare Rebates?   | Yes                          |
|  | <b>Additional Info</b><br>EquipKids offers community and clinic based occupational therapy for children. Our clinic is located in Williams Landing Shopping Centre and we also offer mobile therapy sessions covering the Wyndham Area. Our operating hours are Mon to Fri: 09:00 to 17:00 and Sat: 0830 to 13:30   |                              |

|   |   |   |
|---|---|---|
| <b>WESTERN CHILDREN'S HEALTH CENTRE</b><br>61 Railway Avenue<br>Laverton<br><br>Tel: 9931 0014<br><br>Email:<br>contact@westernchildrens.com.au<br>Web: westernchildrens.com.au                           | Services Provided:  | Paediatrics<br>OT<br>Speech therapy<br>Immunology and Allergy<br>Respiratory Medicine |
|   | Usual Waiting Time  | Varies, appointments are triaged  |
|   | Bulk billing?   | No  |
|   | NDIS Provider?  | Self-managed  |
|   | Medicare rebates?   | Yes   |
|   | <b>Additional Info</b>  |   |
| <b>SPLASH PAEDIATRIC THERAPY</b><br>Wyndham Private Medical Centre<br>Level 1, 242 Hoppers Lane<br>Werribee, 3030<br><br>Tel: 8731 6555<br>Email: info@splashtherapy.com.au<br>Web: splashtherapy.com.au  | Services Provided:  | OT and Speech Pathology   |
|   | Usual Waiting Time  | Waitlist closed at Dec 2021   |
|   | Bulk billing?   | No  |
|   | NDIS Provider?  | Yes   |
|   | Medicare rebates?   | Yes (CDMP for OT & Speech & MHCP for OT)  |
|   | <b>Additional Info</b> <ul style="list-style-type: none"> <li>• Open Saturdays for OT and SP</li> <li>• Provide service for children with mild to significant developmental issues</li> <li>• We run eating groups, based on Sequential Oral Sensory (SOS) approach, can be offered individually</li> <li>• Can offer home and kinder/childcare services</li> <li>• Can offer Professional Devt sessions for educators and parents</li> <li>• Provide an evidence based quality private practice that works in partnerships with parents and educators to provide goal directed intervention with measurable functional outcomes</li> </ul> |   |
| Early Start Australia (formerly Children's Speech & OT)<br>215 Princes Highway<br>Werribee 3030<br><br>Tel: 9731 7583<br>Email:<br>werribee@earlystartaustralia.com.au<br>Web: earlystartaustralia.com.au | Services Provided:  | Speech and Occupational Therapy   |
|   | Usual Waiting Time  | Depends on needs  |
|   | Bulk billing?   | No  |
|   | NDIS Provider?  | Yes   |
|   | Medicare rebates?   | Yes   |
|   | <b>Additional Info</b>  |   |
| Creative Steps<br>1-3 Thames Blvd<br>Werribee 3030<br><br>Tel: 9731 0069<br>Email: info@creativesteps.com.au  | Services Provided:  | OT, Speech Pathology, Psychology, Social Skills Groups                                |
|   | Usual Waiting Time  | No details available  |
|   | Bulk billing?   | No  |
|   | NDIS Provider?  | Plan Managed or Self Managed only   |
|   | Medicare rebates?   | Yes, for some services  |
|   | <b>Additional Info</b>  |   |

|  |                        |  |
|--|------------------------|--|
| <b>INTEGRATED OT</b><br>PO Box 2429<br>Werribee 3030<br><br>Tel: 0432 866 576<br>Email: <a href="mailto:admin@integratedot.com.au">admin@integratedot.com.au</a><br>Web: integratedot.com.au | Services Provided      | OT   |
|  | Usual waiting times    | N/A  |
|  | Bulk Billing?          | No   |
|  | NDIS Provider?         | Yes  |
|  | Medicare Rebates?      | EPC plans accepted   |
|  | <b>Additional Info</b> | We see clients of all ages and with a wide range of diagnoses, including clients with mental health and physical disability needs. Our therapists take a holistic approach to therapy, looking at the person as a whole, with a focus on functional goal attainment. Our therapists are very flexible and are able to work with the whole care team and key support persons. |

You can also refer to OT Australia website to search for an Occupational Therapist within your area on [www.otaus.com.au](http://www.otaus.com.au) and go to the "Find an OT" link.

