

Capacity Connections

THERAPY AT THE BEACH Build a sandcastle

Fine Motor

- build a sand castle and decorate with shells and seaweed
- write messages in wet sand with your pointer finger

Gross Motor

- jump waves
- dig a moat and carry buckets full of water
- from the ocean to fill it

Speech and Language

- Play “I Spy” with rhymes and function (“something you dig with” or “something that rhymes with hand”)
- Imagine there is a Princess trapped in your sandcastle.
- Problem solve how she can escape.

Dietetics

- have a picnic at the beach with healthy foods to refill little tummys

Emotions

- Mindfulness activity. 5 things you can see, 4 things you can hear, 3 things you can feel, 2 things you can smell, one thing you can taste

Sensory

- Bury yourself or your friend in sand. How does it feel? Heavy? Safe? Cold?



INDIVIDUAL PROGRAMMING

When you have met one child with Autism, you have met one child with autism. Everyone is unique and has their own strengths and needs. Part of your therapy journey will be to teach your therapists about you and in turn they will use their professional knowledge to design programs, goals and activities especially for you. Just like we don't take someone else's medicine, we know that one therapy plan won't work for everyone.

Your team from RA spend time working with you and each other to design an individual plan, just for you. If you are worried that your plan might not be right, or that the kid down the road sees a therapist more than you, whereas the kid across the road only sees a physio twice a year, please discuss this with your therapists. All our families have different goals, different likes and dislikes, different strengths and needs and different amounts of funding. We love meeting you where you are, which means finding out what you need and designing your program just for you.

CONTINUOUS IMPROVEMENT

Why do therapy sessions now finish 10 – 15 minutes early?

We wanted to find a way to improve the therapy support for clients and to ensure TAs have enough training and upskilling.

We wanted to create time for the TAs to be able to write comprehensive notes for the therapists to read so they can feedback and receive advice or help from therapists.

We also wanted therapy assistants to have time built into their rosters that they can use for preparing, researching and planning sessions. So, we built hour long blocks into the TA rosters which was allocated to preparation for sessions. For every 5 therapy hours they now receive an hour of preparation time.

To make this happen clients are still charged for an hour but TAs have been asked to remind parents to come 10-15 mins before it ends so they can discuss the session with you and do these notes and/or talk to a therapist. This additional time also covers the extra note writing, preparation and discussion with therapists which is now expected. Therapist sessions continue to be an hour.

Please ask if you would like to know more about this.

THERAPY ASSISTANTS

The therapy assistants at Realise Ability are important members of our therapy team. They are a great way to make your NDIS funding stretch further and can be used to help skills become habits and transfer into everyday life. Their use in therapy for kids is well-researched and is best practice that is supported by the NDIS and peak therapy bodies across Australia. But this is only the case when they work closely with therapists.

It is hard work to make therapy activities seem like we are “just playing”. While it might look like anyone can do it, the phrasing, positioning, adjusting, stepping up and down in complexity and knowing how to adjust a task based on mood, success, fatigue etc is complex and needs ongoing supervision and training from a therapist. With a whole team, including allied health assistants, we can help your child reach their full potential.

Therapy Assistant

- Part of a wider therapy team
- Take direction and training from therapists
- Has public and professional liability insurance under and by an employing therapist
- Covered by the Capacity Building – Improved Daily Living budget in your NDIS plan

Support Worker

- Often independent
- Support tasks and activities are directed by the participant or family
- Has own public liability insurance
- Covered by the Core - Daily Living or Social & Community Access Budget in your NDIS plan

There is a risk to mental and physical health if therapy is not done according to guidelines. It is really important that anyone doing therapy with your child has support from therapists and understands the risks and limits that apply. Even with support from a therapist, there are things a therapy assistant cannot do. These include;

- Provide independent support or develop a therapy plan
- Do feeding therapy
- Do behaviour therapy
- Provide counselling
- Complete physical manipulation/massage
- Hold appropriate therapy insurance independently
- Claim from NDIS therapy funding without supervision from a qualified therapist

STAFF CHANGES



It is with a heavy heart and a tear that we say goodbye to one of our long serving team members. Marli and her partner are off to Perth to further their careers. Marli has been such an important part of our team in a number of roles; Therapy Assistant, Senior Therapy Assistant and most recently as the smiling face at the reception desk. Her knowledge and experience will leave a huge hole and big shoes to fill. We wish Marli and Jacob well and hope they will pop in to see us whenever they are in Esperance.



While it is sad to say goodbye, it is always exciting to welcome new members of the team. Nikee is an experience Nurse with 30 years practice across midwifery, child health, school health, theatre nursing and womens health. Nikee joins us as a Client Care Coordinator. She will work part time with Meredith (in support coordination), the therapists and the admin team to help make your journey through the complexities of the NDIS and therapy smoother and give you a trusted person by your side.