



Occupational Therapy Services

Sue Watson, our wonderful Occupational Therapist at Thrive Teach Nurture Grow Inc., is committed to helping children with learning difficulties achieve their full potential. By establishing a strong foundation in essential skills like sensory processing, sensory motor development, and perceptual development, she enables children to face more complex challenges with confidence.

Sue's approach integrates educational strategies, collaboration with parents and teachers, and environmental adaptations. She focuses on skill-building to ensure that every child can access and benefit from effective learning experiences, ultimately fostering growth both academically and personally.

Areas of expertise include:

- Gross and Fine motor skills
- Handwriting and Pre-writing skills
- Sensory Processing/Integration skills
- Attention and Concentration skills
- Executive Function (e.g.- independent organisational skills)
- Visual Perceptual Skills

When/How to refer

As a parent, you know your child best; if your child displays any of the following they may benefit from Occupational Therapy.

- **Sensory Processing Issues:** Difficulty processing sensory information, such as being overly sensitive to sounds, lights, or textures.
- **Fine Motor Skill Challenges:** Trouble with small movements, like holding a pencil, buttoning clothes, or using utensils.
- **Gross Motor Skill Challenges:** Difficulty with larger movements, such as running, jumping, or climbing.
- **Trouble with Self-Care:** Struggles with daily living activities like dressing, grooming, or eating independently.
- **Behavioural Concerns:** Frequent tantrums, difficulty following instructions, or trouble with transitions.

Referral, Rebates & Support Options

You do not need to have a referral for your child to see an occupational therapist. However, a referral often helps as your child's GP or paediatrician may create a treatment plan that supports occupational therapy for your child. In this case, you may be eligible for Medicare or NDIS rebates.

- **Medicare**
Eligible clients can receive rebates for 5 sessions (accessed through your local GP).
- **NDIS Packages**
We support children with NDIS plans that include occupational therapy goals (self or plan-managed only)
- **Private Health Insurance**
Contact your provider to learn more about the rebates available.

Referrals can be made to:

Sue Watson – Occupational Therapist
Thrive Teach Nurture Grow Inc.
40 Bellevue Road, Tumbi Umbi. NSW

Therapy Schedule and Fees

The number of sessions you have with your OT will vary for each individual. Some children may only require brief interventions while others may require more support – including assessments and reports. As you work with your OT you will develop a plan with them to give you a better idea of what to expect. Typically, our families choose the 5-visit or 10-visit pathway.

Fees are \$189 per week, except for times of report writing. Fees are payable at the beginning of each session, with receipts emailed to you within the week.

Example 5 – Week Therapy Schedule & Fees

- Session 1: Initial Parent Meeting (no child client) \$189
- Session 2: Assessment (if needed) or begin OT therapies \$189
- Session 3: Assessment or begin OT therapies \$189
- Session 4: OT Therapies \$189
- Session 5: Short report & Individual Support Plan preparation (no child client) \$283.50

Example 10- Week Therapy Schedule & Fees

- Session 1: Initial Parent Meeting (no child client) \$189
- Session 2: Assessment (if needed) or begin OT therapies \$189
- Session 3: Continued assessment or begin OT therapies \$189
- Sessions 4 – 10: OT therapies \$189 each week
- Session 11: Full report & Individual Support Plan preparation (no child client) \$472.50

📞 0447 256 118 ✉ info@thrivetng.org

📍 Thrive Specialist Resource & Community Centre- 40 Bellevue Rd, Tumbi Umbi. NSW