



Psychological **Assessment + Therapy** Centre

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Occupational Therapy — Transition Support Packages

Transition support packages are aimed at helping your family:

- Transition to day-care (children aged 0-3 years)
- Transition to kinder (children aged 3-5 years)
- Transition to primary school (children aged 4-7 years)
- Transition to new school or home schooling (any age)
- Transition to new life stage (family changes, lifestyle changes, functional capacity changes, developmental changes, sense of identity changes, etc)

There are two options:

Option One: checking in about potential concerns, planning ahead, early intervention ideas, issue prevention, wellbeing promotion. This is for supporting transitions without complex concerns.

The package for this stage includes: Consultation and basic recommendations for self-management (TOTAL 3 hours billed)

- 2 x OT sessions
 - Initial issues identification and goal setting (30-45 mins)
 - Functional screen and basic occupational profile (1 hour, including 30 min report writing)
 - Consultation and strategies to develop skills and address issues, with resources (30-45 mins)
 - Goal attainment plan and recommendations (10-15 mins)

Option Two: Support for complex concerns, need for immediate collaborative team-based support

The package for this stage includes Consultation and basic recommendations for immediate/short-term (TOTAL 6 hours billed)

- 3 x OT sessions
 - Initial issues identification and goal setting (45-60 mins)
 - Functional screen and basic occupational profile for team (2 hours = 1 hour assessment, 1 hour report writing)
 - Consultation with key team members (eg. School teachers) (30-60 mins)
 - Consultation and strategies to develop skills and address issues, with resources (45-60 mins)
 - Goal attainment plan and referral recommendations (10-15 mins)
- *Optional extras:*
 - Additional Consultation (billed per hour)



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Occupational Therapy — Parenting Support Packages

Parenting support packages to help with

- Matrescence
- Perinatal health
- Patrescence
- Parenting
- Attachment
- Nesting

Support package options :

Initial sessions: Consultation with basic recommendations for self-management plan (TOTAL 2 hours billed)

- 1 x OT session with tailored handouts (2 hours)

Practical problem-solving skills for parenting: including individual and co-parenting during motherhood/fatherhood (billed per session)

- Individual sessions: 1 hour
- Family sessions: 1.5 hours
- Group sessions (2 to 8 members): 2 hours

Relationship building: Addressing bonding, relationships, and co-occupations for parent-child dyads (including parent-infant) (TOTAL 6 hours billed)

- 5 x OT sessions
 - Initial issues identification, goal setting, and OT coaching (1.5 hours)
 - 3 x review and consultation to address issues, resources (3 hours total)
 - Goal attainment review and future planning (1 hour)
 - OT summary report with recommendations (30 mins)

Nesting 101: Home-set up review: Ergonomics, functional spaces, and feeling good at home (self-care and parenting roles) — (TOTAL 5 hours billed)

- Initial OT consultation (1 hour)
- Virtual home-assessment (1.5 hours)
- OT recommendations for optimising set-up report (1.5 hours)
- OT final review and follow-up
 - *Optional extra:* OT equipment sourcing/adjustment/set-up recommendations (billed per hour)



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