



WESTERNKIDSHALTH



NDIS PROGRAMS

INFORMATION PACK

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INTRODUCTION

Western Kids Health aims to provide accessible and comprehensive care in a friendly, dynamic and professional multi-disciplinary setting. We aim to promote self-efficacy and well-being through health education and management in partnership with families.

We are not NDIA registered and our services are accessible to NDIS plan and self managed clients.

We **do** offer fixed term intervention goal focused **programs**.

Multiple Programs, for multiple goals, can be attended in a year at Western Kids. Some families choose programs to be held within term (once a week) and others find it too much with school/other appointments and prefer more intensive (i.e. 3 times a week in school holidays).

At Western Kids Health, programs may involve one therapist or a team of therapists and our administration support team will work with you to maximise efficiency and effectiveness with scheduling.

The program goal, intensity/frequency and length is all decided with collaboration with the family capacity & needs, current evidence, the particular goal being worked towards and with the understanding that, for children with NDIS funding they are likely going to need therapy over a number of years, working on a number of different goals.



INTRODUCTION

Intensive, goal directed therapy for a set period of time:

- prevents burnout
- increases compliance
- increases enjoyment at therapy
- improves outcomes
- allows for consolidation of skills in the breaks (rather than always continuing to have to learn new skills)

An intake appointment occurs to ensure both parties are happy with goals set and services, prior to a service agreement being made.

If your child is under the age of 12, the intake component will be in two(2) components,

- a parent and therapist only appointment which can be via telehealth if you prefer and
- a therapist, parent and child appointment

Places are limited and we do have waitlists for programs.

A program report will be provided to your ongoing support provider at the completion of a program.

**Apply for
programs via
online portal**

**Clinical
intake**

**Goal setting
& program
allocation**

**Program &
report**



OUR CLINICS



Early Intervention

For little ones under 4 years old needing support with motor, speech, cognitive, social, emotional and play milestones, orthopaedic concerns such as plagiocephaly, torticollis, hip dysplasia, talipes and gait differences.



School Aged Services

Supporting children aged 4-18 years with concerns of fine & gross motor skills, handwriting, self-care, social skills, sensory processing, attention, concentration, emotional regulation, language, literacy and diet concerns including weight management.



Feeding

Supports families through stressful or difficult mealtimes, transitions to solids, fussy or restricted eating, difficulties with biting, chewing and swallowing, lactation support, weight management, constipation and dietary intake.



Complex Care

Providing an evidence-based wrap-around service with expertise from multiple disciplines in the areas of chronic pain, chronic fatigue, juvenile idiopathic arthritis, functional neurological disorder, Ehlers Danlos syndrome and hypermobility spectrum disorders.



Mental Health

Providing care for children and youth with low mood, emotional dysregulation, anxiety, generalised, separation, social and health, OCD, school concerns, healthy friendships, perfectionism, behavioural concerns, self-esteem and sleep.



Gender Diversity

LGBTIQ+ affirmative care for gender dysphoria, gender identity questions, gender diversity, sexuality questions, comorbid mood disorders, comorbid trauma, comorbid neurodevelopmental disorder. We do not provide medication or medical intervention.



Orthopaedics & Sports

We help children and teens with sport/parasports performance, rehabilitation after surgery, pre-surgery rehab, idiopathic toe walking, in-toeing, out-toeing, knock knees, bow legs, flat feet, perthes, sports injuries and stress fractures.



OUR PROGRAMS



Early Intervention 0-4 years

| PROGRAM | AGE | STRUCTURE | DESCRIPTION |
|------------------------|-----------|--|---|
| STRONG START | 0-2 years | 3x per week 2-4 weeks | Our multi-disciplinary program provides individualised support to infants and toddlers with developmental delays or concerns. Through a family centred approach, we work closely with parents and caregivers to nurture a child's growth and achieve their goals supported by 1 or more therapy disciplines depending on your goals. Therapy principles are play based and goal directed, including active task practice and carryover home activities to cement learning and build participation in the environments that matter most. |
| SKILL BUILDERS | 0-4 years | 2x per week 3-6 weeks | |
| HANEN | Parents | 1x 1-2 session per week or fortnightly, up to 10 sessions | The Hanen Program is a renowned and evidence-based approach to early language intervention for young children with communication delays and disorders. This family-centred program focuses on empowering parents and caregivers to become active participants in their child's language development. Through interactive workshops and coaching sessions, parents learn practical strategies and techniques to enhance their child's communication skills during everyday activities and interactions. It is an effective and empowering solution for families seeking to support their child's language development. |
| STUTTER | 2+ years | 1x per week 10 weeks | For children with a history of stutter for 6+ months and/or having significant child/caregiver stress in regards to stuttering. A transformative journey towards confident, efficient, and effective communication. Through personalised strategies, supportive exercises, and a focus on building self-assurance, participants learn to navigate speech challenges with improved fluency and confidence. |
| DIETARY SUPPORT | All ages | Fortnightly or Monthly | Supporting parents and children in managing nutrient deficiencies, addressing gastrointestinal symptoms, supporting healthy growth patterns and optimising overall dietary balance. |



OUR PROGRAMS



Early Intervention 0-4 years

| PROGRAM | AGE | STRUCTURE | DESCRIPTION |
|------------------------|-----------|--|--|
| SPEECH SOUNDS | 3+ years | 1-2x per week 6-8 weeks | Empowering young children to articulate their thoughts, feelings, and ideas more clearly. Provides tools and support necessary for children and families to develop more effective communication skills. Children must be able to be seated at a desk/ on chair. |
| TALK TOGETHER | 0-4 years | 2x per week 3-6 weeks | Guided activities and coaching that enhance the essential skills of communication, play, and social development in children. Goal based focus on nurturing effective communication techniques, promoting play, and fostering positive social interactions. Children must be able to be seated at a desk/ on chair. |
| HYDRO | 0-4 years | 1x per week term based | Water-based therapy program offers a unique and enjoyable environment for individuals to focus on improving their movement and mobility skills with a fun approach to therapy, promoting physical participation and enhancing overall well-being. Children must be medically stable and able to participate in pool environment with water temp of ~28-30 degrees. Seizure management plan essential (if appropriate). |
| ALL THE FEELS | Parents | 1.5 hour session 1x per week 6 weeks | For parents of 1.5 - 4 year olds, this parent only workshop focuses on empowering parents to understand typical toddler behaviour and provide realistic, everyday strategies to help manage daily routines, emotions, transitions, tantrums and meltdowns. |
| SENSORY SUPPORT | 0-4 years | 3 sessions over 6 week period | For children with sensory processing needs. Our individualised program led by specialist Occupational Therapists for children with sensory processing needs. The program consists of assessment, parent education and home programs to support caregivers to support their child's sensory needs, facilitating participation and engagement at home and in the community. |



OUR PROGRAMS



School Aged Services

| PROGRAM | AGE | STRUCTURE | DESCRIPTION |
|---------------------------|------------|--|---|
| RUNNING | 6+ years | 10 sessions 1x over 10 weeks 2x over 5 weeks | Suitable for independently ambulant children and teenagers. Our evidence-based running group focuses on techniques to enhance running skills, providing participants with expert guidance and support to improve their overall performance and achieve their running goals. |
| PLAY-GROUND SKILLS | 4-18 years | 2-3 x per week 3-6 weeks | Participants must be independently ambulant, able to follow instructions and communicate verbally. For goals focused on building playground/sport confidence and enhancing specific gross motor skills. Participants can focus on areas such as bike riding, jumping, hopping, running, or ball skills throughout the program. |
| LITERACY SUPPORT | 5-11 years | 1-2x per week up to 8 weeks | Intensive support for primary children developing essential literacy skills, foundational reading and spelling skills through personalized learning and guidance. This program is for primary aged children with verbal communication and ability to be seated at a desk/chair. |
| SPEECH SOUNDS | 5-11 years | 1-2x per week up to 8 weeks | Our speech sounds program for primary school children is dedicated to helping participants express themselves more clearly. Through specialized guidance and engaging activities, children develop improved communication skills, enabling them to articulate their thoughts and ideas with confidence and clarity. |
| STUTTER | 5-11 years | Individualised | Welcome to our stuttering therapy program, a transformative journey towards confident, efficient, and effective communication. Through personalised strategies, supportive exercises, and a focus on building self-assurance, participants learn to navigate speech challenges with improved fluency and confidence. Suitable for children who have had stuttered for 6 months and/or have significant child/caregiver stress in regards to stuttering. |



OUR PROGRAMS



School Aged Services

| PROGRAM | AGE | STRUCTURE | DESCRIPTION |
|--------------------|----------------|-----------------------------|--|
| TALK TOGETHER | 5+ years | 1-2x per week up to 8 weeks | Our language program for children focuses on nurturing both receptive and expressive language skills. Participants are supported to enhance their ability to understand and use language effectively. Participants will be of school age (5+) and must be verbal, able to sit independently at a desk and able to focus/attend for at least 5-10 minutes at a time. |
| INTRO TO EMOTIONS | 5+ years | 1 x week over 10 weeks | Suitable for school age participants (5+) including diagnosis of Level 1, 2 ASD. Children must be able to communicate verbally. This program helps individuals develop coping skills and effectively manage their emotions. Participants learn valuable strategies to handle stress, anxiety, and other challenging emotions. The program focuses on building resilience and emotional regulation, empowering individuals to navigate life's challenges with confidence and stability. |
| EMOTIONS REFRESHER | 5+ years | 1 x week over 6 weeks | Participants must have completed <i>Intro to Emotions</i> program. This follow up program offers a refresher course for participants who have completed "Intro to Emotions." Participants revisit essential techniques, reinforcing and progressing their ability to manage emotions, ensuring continued emotional well-being and stability. |
| FINE MOTOR | KINDY - YEAR 1 | 1 x week over 8 weeks | Children must be verbal, able to sit independently at a desk and able to focus/attend for at least 5-10 minutes. Aiming to enhance fine motor and pre-writing skills. Participants are supported to build areas of hand-eye coordination, dexterity, and control. The program focuses on refining essential motor skills, preparing participants for successful handwriting and other fine motor tasks. |
| MAKING FRIENDS | 5+ years | 1 x week over 10 weeks | School age participants from pre-primary, including diagnosis of Level 1 or 2 ASD. Participants must have verbal communication. This program focuses on developing social skills and emotional regulation to foster meaningful friendships. The program aims to enhance social interactions, build self-confidence, and promote emotional well-being, empowering individuals to establish and maintain meaningful and lasting friendships. |



OUR PROGRAMS



School Aged Services

| PROGRAM | AGE | STRUCTURE | DESCRIPTION |
|-----------------------------------|------------|--|---|
| HAND-WRITING 1.0 & 2.0 | 5-10 years | 1x week, 10 weeks or 2 x week, 5 weeks | Handwriting 1.0 and 2.0 programs are specifically tailored to enhance handwriting skills. Participants work on improving hand strength, coordination, and fine motor control and endurance. The program focuses on developing the foundational skills necessary for clear and confident handwriting. An assessment is required to determine appropriateness of program and frequency |
| HAND-WRITING HUB | 9-16 years | 6x fortnightly then 4x monthly | Catering to older primary aged children and teenagers, focusing on enhancing handwriting legibility, output, and speed. Additionally, the program offers support for diagnosing motor-based dysgraphia, ensuring a comprehensive approach to addressing specific challenges related to handwriting. Assessment is required to determine appropriateness of program and child must be willing to engage in full 6 months and home practice between sessions. |
| TOILET TIME | 4-10 years | 6 months Individualised | Our toileting program is designed to support individuals in achieving toileting independence, continence, and enhanced interoception awareness. Participants are supported to develop the necessary skills and understanding to more confidently and independently manage their toileting needs. Must be medically cleared for participation and willing/motivated to engage. |
| HELPFUL HABITS | 2-19 years | Individualised over 10 weeks | Our Helpful Habits program is designed to provide personalized guidance, empowering families to establish healthy habits that optimize physical, emotional, and nutritional development. Our dedicated team, including Physiotherapists, Dietitians, and Psychologists, will work closely with you to foster positive relationships with food, promoting overall well-being, and building strong self worth. |
| DIETARY SUPPORT | All ages | Fortnightly or Monthly over 2-6 months | Supporting parents and children in managing nutrient deficiencies, addressing gastrointestinal symptoms, supporting healthy growth patterns and optimising overall dietary balance. |



OUR PROGRAMS



Feeding

| PROGRAM | AGE | STRUCTURE | DESCRIPTION |
|----------------------------|--------------------------|--------------------------------------|---|
| 1:1 FEEDING SUPPORT | Parent OR 3+ years | 1x per month up to 6-12 months | <p>Our program adopts a comprehensive multidisciplinary team approach, tailored to individual needs, including professionals such as Feeding Occupational Therapists, Dietitians, Speech Pathologists, and Psychologists, all working collaboratively to support your child's feeding journey. Together, we focus on confidence with expanding food variety while fostering a nurturing environment.</p> <p>All ages accepted for parent coaching strategies. For therapist led intervention, children must be aged 3+ and able to sit at table and communicate verbally.</p> |
| HELPFUL HABITS | 2+ years | Individualised over 10 weeks | <p>Our Helpful Habits program is designed to provide personalized guidance, empowering families to establish healthy habits that optimize physical, emotional, and nutritional development. Our dedicated team, including Physiotherapists, Dietitians, and Psychologists, will work closely with you to foster positive relationships with food, promoting overall well-being, and building strong self worth.</p> |
| DIETARY SUPPORT | All ages | Every 2-4 weeks for 2-3 months | <p>Supporting parents and children in managing nutrient deficiencies, addressing gastrointestinal symptoms, supporting healthy growth patterns and optimising overall dietary balance.</p> |



OUR PROGRAMS



Complex Care

| PROGRAM | AGE | STRUCTURE | DESCRIPTION |
|-------------------------|------------|--|---|
| POP | 8+ years | Individualised determined from intake assessment. ~10 sessions of each psychology, occupational therapy and physiotherapy over 10 weeks. | This program is specifically designed to enhance functionality and help individuals cope with persistent symptoms such as pain, fatigue, and functional disorders. This comprehensive program offers a wrap-around approach, combining expertise from a multidisciplinary team including psychology, mental health occupational therapy, and physiotherapy. Additional support from dietetics and speech therapy is integrated as needed, ensuring a holistic and tailored approach to improving overall well-being and quality of life. |
| HAND-WRITING HUB | 9-16 years | 6x fortnightly sessions followed by 4x monthly sessions over 6 months. | The Handwriting Hub is an Occupational Therapy (OT) program tailored for older primary aged children and teenagers, focusing on enhancing handwriting legibility, output, and speed. Participants learn effective pain and fatigue management strategies specifically related to handwriting. The program also includes guidance on implementing recommendations for tests and exams to optimize academic performance. Additionally, the intervention offers support for diagnosing motor-based dysgraphia, ensuring comprehensive care for participants' specific needs. |
| DIETARY SUPPORT | All ages | Fortnightly or Monthly | Supporting parents and children in managing nutrient deficiencies, addressing gastrointestinal symptoms, supporting healthy growth patterns and optimising overall dietary balance. |
| CAPACITY BUILDER | 5+ years | 8-10 sessions Weekly or Fortnightly | Our Capacity Builder program is designed to provide individualised sessions. The aim of the program is to support and empower individuals and their families build capacity (physical, social, emotional) to meet the demands of meaningful recreational, schooling or academic, or vocational activities. Our dedicated team, which may include Physiotherapists, Occupational Therapists, Dietitians, Speech Pathologists or Psychologists, will work closely with you to develop skills and confidence that have a functional impact. |



OUR PROGRAMS



Mental Health

| PROGRAM | AGE | STRUCTURE | DESCRIPTION |
|------------------------------|-----------|--------------------------------------|--|
| CBT ANXIETY PROGRAM | 8+ years | 1x per week/fortnight up to 12 weeks | This psychology program provides personalized support through individual sessions led by our expert psychology team. Participants engage in weekly or fortnightly sessions tailored to manage and reduce anxiety, using a cognitive behavioural therapy (CBT) approach. |
| CBT LOW MOOD PROGRAM | 8+ years | 1x per week/fortnight up to 12 weeks | This psychology program offers individualised support through sessions led by our dedicated psychology team. Participants benefit from weekly or fortnightly sessions focused on managing and improving low mood using a cognitive behavioural therapy (CBT) approach. |
| NEEDLE PHOBIA PROGRAM | 10+ years | 1x per week up to 10 weeks | A specialized psychology program aiming to reduce intense fear of needles, enabling participants to comfortably give blood or receive immunizations more comfortably. The program consists of weekly psychology sessions, tailored to individual needs, spanning a maximum period of 10 weeks, with the duration dependent on the participant's progress. Through targeted interventions, participants learn coping mechanisms and strategies to overcome their fear, fostering a positive and confident approach to medical procedures involving needles. |
| HELPFUL HABITS | 2+ years | 10x weekly sessions | Our Helpful Habits program is designed to provide personalized guidance, empowering families to establish healthy habits that optimize physical, emotional, and nutritional development. Our dedicated team, including Physiotherapists, Dietitians, and Psychologists, will work closely with you to foster positive relationships with food, promoting overall well-being, and building strong self worth. May be recommended by your GP, endocrinologist or paediatrician that weight loss, healthier eating choices would be of benefit. |



OUR PROGRAMS



Gender Diversity

| PROGRAM | AGE | STRUCTURE | DESCRIPTION |
|---------------------------------|-------------|---|--|
| GENDER DIVERSITY PROGRAM | 10-23 years | 6-12 weeks of fortnightly psychology and additional physiotherapy on an individualised basis. | Our Gender Diversity program aims to improve the mental health and quality of life of trans and gender diverse children, adolescents, and young adults through carefully considered, individualised care. Sessions will focus on various gender related aspects, including gender identity, expression, and future aspirations and, if appropriate, guidance on (social) transitioning will be provided. The program may also include therapy for comorbid disorders like anxiety and low mood and parents sessions are regularly included as well. Sessions are provided by our experienced psychology team. Additionally, participants have access to physiotherapy support and education on safe binder use if applicable, ensuring comprehensive care. |



OUR PROGRAMS



Orthopaedics & Sports

| PROGRAM | AGE | STRUCTURE | DESCRIPTION |
|---|----------|---|--|
| PARASPORT SKILL ACQUISITION | 6+ years | 2x per week for 6 weeks | This program is dedicated to enhancing sport participation with a specific focus on acquiring skills for parasports. Participants receive targeted training and support to improve their overall athletic performance and participate effectively in parasport activities, fostering physical abilities and confidence in their sports endeavours. |
| SERIAL CASTING | TBC | 2x per week for 3 weeks, followed by 6 rehab sessions | For children who toe walk and have a range restriction at their ankle requiring a sustained stretch. This is achieved through twice weekly application of a cast for an average of 3 weeks, followed by at least 6 rehabilitation appointments to develop strength, balance and movement control in the new range. An individualized plan will be developed at your intake assessment. |
| PRE/POST ORTHOPAEDIC SURGERY REHAB | TBC | Program length and frequency negotiated in collaboration with referring surgeon | This customized rehabilitation program is based on post-surgical guidelines and developed collaboratively with your orthopaedic specialist and experienced physiotherapy team. Tailored to individual needs, the comprehensive rehabilitation program supports patients in their recovery journey after surgery. |
| RUNNING | 6+ years | 10x sessions, weekly for 10 weeks OR twice weekly for 5 weeks | Our evidence-based running group focuses on techniques to enhance running skills, providing participants with expert guidance and support to improve their overall performance and achieve their running goals. |



NEXT STEPS

If you would like to access services at Western Kids Health under NDIS funding please;

1. Submit your request for services via our enquiry portal

