



WESTERN**KIDS**HEALTH

NDIS Programs

INFORMATION PACK



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Welcome to Western Kids Health

Western Kids Health is a health community designed specifically for babies, kids and teens. It is a dynamic, collaborative and custom environment designed specifically for children and families.

All of our staff work together and have significant experience and knowledge in childhood physical, emotional and cognitive development. Our mission is to empower families through health education. Through an evidence-based, fun, individualised approach, we help your child reach their potential.

Introduction

At Western Kids Health, we're passionate about supporting children and families to reach their goals - in ways that are **clear, meaningful, and sustainable**.

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

This booklet outlines how our services can support children who are accessing the National Disability Insurance Scheme (NDIS). Whether you're just starting with the NDIS or looking to build on your child's current supports, we're here to help.



Our Approach

Western Kids Health offers **goal-focused, fixed-term** therapy programs designed to meet your child's unique developmental needs. These programs are available to children and families who are **Self** Managed. Our standard private fees will apply, with any gap payment payable at the time of the session.

While we are not NDIA-registered, our programs are suitable for children accessing funding through these pathways.

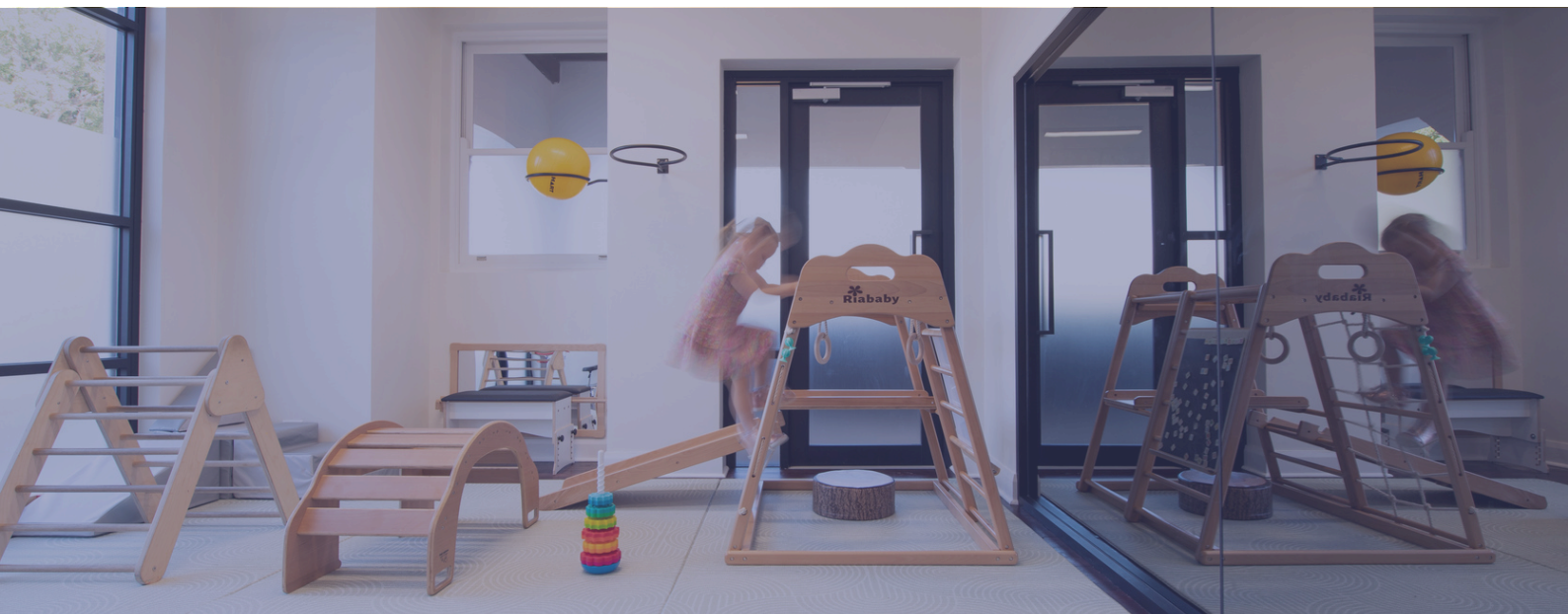
Our NDIS Therapy Programs

Each program is **fixed-term** and **goal-focused**, meaning it runs for a set number of sessions, and is tailored to help your child work towards a specific outcome.

These programs are designed in partnership with families and a combination of evidence-based practice and therapy assessment, and may involve one therapist or a collaborative, multidisciplinary team.

The suggested program frequency/intensity in this booklet are examples only and may vary based on what best suits your child's needs, therapist availability and family capacity. Please note that our program availability is subject to therapist scope of practice and capacity, and waitlists apply.

Children can definitely attend more than one program. This goal-focused approach is successful, as children can see they are making changes and feel empowered; it prevents therapy reliance and burnout and allows consolidation of new skills in home and the community.



Why This Model Works

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

- ✓ Helps avoid long-term burnout from continual, ongoing therapy
- ✓ Allows for breaks and consolidation of skills between programs
- ✓ Promotes visible progress within a set timeframe
- ✓ Encourages strong engagement and enjoyment from the child

This also allows us to clearly track progress and provide written reports with your child's ongoing support provider at the completion of a program.

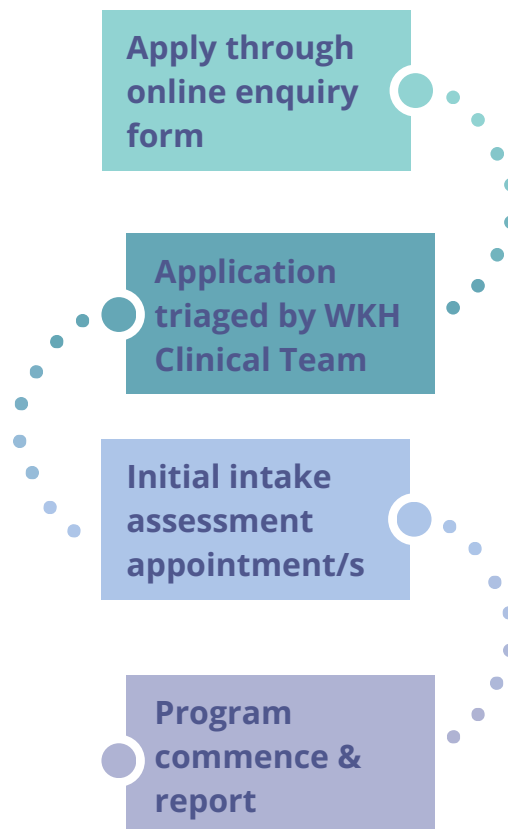
Getting Started

Before commencing a program, we will arrange an intake appointment* to ensure the goals and service plan are the right fit for your child.

For children under 12, the intake comes in two parts*:

1. A parent-only appointment with the therapist (telehealth available!)
2. A parent-child assessment appointment in the clinic

This approach gives us the opportunity to discuss a complete picture of your child's **strengths, challenges**, and **priorities** — so we can plan a therapy block that truly meets your child's needs.



Our Clinics

Early Intervention



For little ones between 0-4 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.

Continence



Support and management of bladder and bowel concerns for children to optimise their independence. Assessment and support/strategies for day-time wetting, constipation, faecal soiling, bedwetting, delayed toilet training and toilet refusal.

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.

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.

Complex Care











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

Gender Diversity



LGBTIQA+ affirmative care for gender dysphoria, gender identity questions, gender diversity and sexuality questions. We welcome and affirm diverse neurodevelopmental experiences and provide support for co-occurring difficulties such as mood, anxiety and trauma. We do not provide medication or medical intervention.

Contents Page

	Early Intervention	07
	School Aged Services	09
	Feeding	11
	Continence	12
	Mental Health	13
	Complex Care	14
	Orthopaedics & Sports	15
	Gender Diversity	16

NDIS Therapy Program Frequency

The suggested program frequency/intensity in this booklet are examples only and may vary based on what best suits your child's needs, therapist availability and your family capacity. Please note that our program availability is subject to therapist scope of practice and capacity, and waitlists apply.

Frequency Key

Booster (2-3 sessions per week)

Weekly (1 session per week)

Flexible (1 session per week or fortnight)

Monitoring (1 session per 2-6 weeks)

Customised (developed in collaboration with your therapist)

Early Intervention

Skill Builders

0-4 years old

Our multi-disciplinary program supports infants and toddlers with developmental delays or concerns through personalised, family focused play-based therapy.

Booster - Runs for 2 to 6 weeks

1:1 Feeding

Parent Coaching

This multidisciplinary program adopts a tailored approach to support your child's feeding journey. Together, we focus on confidence with expanding food variety while fostering a nurturing environment.

Monitoring - Runs for 6 to 12 months

Hydrotherapy

0-4 years old

Our 1:1 water-based therapy program offers a fun and enjoyable environment to help children improve movement and mobility while encouraging physical participation and overall well-being.

Weekly - Runs for 8 to 10 weeks

Dietary Support

All Ages

Supporting parents and children in managing nutrient deficiencies, addressing gastrointestinal symptoms, supporting healthy growth patterns and optimising overall dietary balance.

Monitoring

All The Feels

Parent Coaching

This workshop focuses on empowering parents to understand behaviour and provide practical strategies to help manage daily routines, emotions, transitions, tantrums and meltdowns.

Weekly - Runs for 6 weeks

Sensory Support

0-4 years old

For children with sensory needs. This OT-led program includes parent education and home strategies to help caregivers support their child's sensory needs at home and in the community.

Flexible - Runs for up to 3 sessions

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Early Intervention

Tiny Talkers

Parent Coaching

Tiny Talkers is an evidence-based approach to early language intervention for supporting young children and their families with communication delays and disorders.

Flexible - *Runs for up to 10 sessions*

Talk Together

0-4 years old

Guided activities and coaching to enhance and build skills such as effective communication techniques, promoting play, and fostering positive social interactions.

Booster - *Runs for 3 to 6 weeks*

Stutter

2+ years old

For children with a history of stuttering. A journey towards confident, efficient and effective communication. Tailored support depending on the child, family and the best available treatments.

Weekly - *Runs for 10 weeks*

Speech Sounds

3+ years old

Provides tools and support necessary for children and families to develop more effective communication skills. Empowering children to articulate their thoughts, feelings, and ideas clearly.

Flexible - *Runs for 6 to 8 weeks*

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School Aged Services

Intro to Emotions

5+ years old

Helps children and their families to build coping skills and manage emotions more effectively. They learn strategies to handle stress, anxiety and other challenges, while building resilience and confidence.

Weekly - Runs for 10 weeks

Emotions Refresher

5+ years old

This follow-up builds on key strategies, helping strengthen emotion regulation skills and continue supporting emotional well-being. **Ideally participants to have completed Intro to Emotions.*

Weekly - Runs for 6 weeks

Fine Motor

Kindy to Year 1

Focusing on refining essential motor skills, preparing participants for successful fine motor tasks. Participants are supported to build areas of hand-eye coordination, dexterity, and control.

Weekly - Runs for 8 weeks

Making Friends

5+ years old

Enhancing social interactions, build self-confidence, and promote emotional well-being, empowering individuals to establish and maintain meaningful and lasting friendships.

Weekly - Runs for 10 weeks

Handwriting

5-10 years old

Improving hand strength, coordination, and fine motor control and endurance. The program focuses on developing the foundational skills necessary for clear and confident handwriting.

Weekly - Runs for 5 to 10 weeks

Handwriting Hub

9-16 years old

Focusing on enhancing handwriting legibility, output, and speed. Offering support for diagnosing motor-based dysgraphia to address specific challenges related to handwriting.

Flexible - Total of 10 sessions

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School Aged Services

Playground Skills 4+ years old

For goals focused on building playground and sport confidence by enhancing specific gross motor skills. Participants may focus on areas such as bike riding, jumping, hopping, running, or ball skills.

Booster - Runs for 3 to 6 weeks

Running 6+ years old

Focuses on techniques to enhance running skills, providing participants with expert guidance and support to improve their overall performance and achieve their running goals.

Booster - Runs for 5 to 10 weeks

Literacy Support 5-11 years old

Intensive support for primary children developing essential literacy skills, foundational reading and spelling skills through personalised learning and guidance.

Booster - Runs for 8 weeks

Speech Sounds 5-11 years old

Through specialised guidance and activities, children develop improved communication skills, enabling them to articulate their thoughts and ideas with confidence and clarity.

Booster - Runs for 8 weeks

Talk Together 5+ years old

Focuses on building children's ability to understand and use language effectively with guided activities and support to nurture their receptive and expressive language skills.

Booster - Runs for 5 to 10 weeks

Stutter 5-11 years old

For children with a history of stuttering. A journey towards confident, efficient and effective communication. Tailored support depending on the child, family and the best available treatments.

Customised

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Feeding

1:1 Support *3+ years/ Parent Coaching*

This multidisciplinary program adopts a tailored approach to support your child's feeding journey. Together, we focus on confidence with expanding food variety while fostering a nurturing environment.

Monitoring - *Runs for 6 to 12 months*

Diet Support *All ages*

Supporting parents and children in managing nutrient deficiencies, addressing gastrointestinal symptoms, supporting healthy growth patterns and optimising overall dietary balance.

Flexible - *Runs for 2 to 3 months*

Helpful Habits *2+ years old*

Helping families create healthy habits that support physical, emotional, and nutritional development and foster positive relationships with food, promote well-being and strong self worth.

Customised - *Runs for 10 weeks*

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Continence Clinic

Toilet Skills

1-4 years old

For little ones with a history of constipation, frequent UTI's, painful bowel motions or regression in toilet training. Supporting parents to learn positive, gentle toilet training strategies.

Flexible

Continence

4-16 years old

Support for children with concerns like faecal soiling, constipation, avoidance, day/night wetting, delayed toilet training. Our Continence Physio works closely with families to create a clear plan forward.

Booster

Bed Wetting

5-16 years old

Supporting children with motivation to become dry overnight. We'll check that any daytime issues are resolved, then we begin the program with regular support from our Continence Physiotherapist.

Flexible

Consultative

4-16 years old

Extra support for those with an external treatment plan, seeking a second opinion or a one-off check-in with a Continence Physio. Includes assessment, review, and a report with recommendations.

Customised

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Mental Health

Anxiety Program

8+ years old

Supporting young people focusing on managing and reducing anxiety, typically utilising approaches such as CBT. (Includes separation anxiety, generalised anxiety, social anxiety, phobias and more.)

Flexible - Runs for up to 12 weeks

Low Mood

8+ years old

Helping young people focusing on managing and improving their low mood, typically utilising approaches such as cognitive behavioural therapy (CBT).

Flexible - Runs for up to 12 weeks

Adjustment Support

8+ years old

Supporting young people navigating changes and transitions. Focusing on resilience, emotional regulation, problem-solving and coping skills using approaches such as CBT and/or ACT.

Flexible - Runs for up to 12 weeks

Needle Phobia

10+ years old

Helping young people to foster a positive and confident approach to medical procedures involving needles. Focusing on learning coping mechanisms and strategies to overcome their fear.

Weekly - Runs for up to 10 weeks

Capacity Builder

8+ years old

Supporting young people and their families in building capacity (physical, social, emotional) to meet the demands of meaningful recreational, schooling/ academic, or vocational activities.

Flexible - Total of 8-10 sessions

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Complex Care

POP

8+ years old

Supporting individuals with persistent symptoms like pain, fatigue or functional disorders with a comprehensive wrap-around approach, combining expertise from Psychology, OT and Physiotherapy.

Customised - Runs for 10 to 20 weeks

Handwriting Hub

9-16 years old

Focusing on managing pain and fatigue related to handwriting, while also supporting young people for handwriting and written expression difficulties, including assessment and school liaison.

Flexible - Total of 10 sessions

Capacity Builder

5+ years old

Supporting young people and their families in building capacity (physical, social, emotional) to meet the demands of meaningful recreational, schooling/academic, or vocational activities.

Weekly - Runs for up to 10 sessions

Dietary Support

All ages

Supporting parents and children in managing nutrient deficiencies, addressing gastrointestinal symptoms, supporting healthy growth patterns and optimising overall dietary balance.

Monitoring

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Orthopaedics & Sports

Serial Casting

For children who toe walk and have a range restriction at the ankle requiring a sustained stretch. Includes twice weekly application for ~ 3 weeks, followed by at least 6 rehabilitation appointments.

Booster - Up to 12 sessions

Pre/Post Surgical Rehab

Customisable rehabilitation programs based on post-surgical guidelines and developed collaboratively with your orthopaedic specialist and experienced physiotherapy team.

Customised

Running

6+ years old

Focuses on techniques to enhance running skills, providing participants with expert guidance and support to improve their overall performance and achieve their running goals.

Booster - Runs for 5 to 10 weeks

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Gender Diversity

10-23 years old

Focusing 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.

Flexible - Runs over 6 to 12 weeks

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Next Steps

If you would like to access services at Western Kids Health under NDIS funding, please follow the steps below:



Submit your request for services via our online portal [here](#)



Review Western Kids Health NDIS terms and conditions [here](#)



Send your child's NDIS plan goals and related diagnostic reports to ndis@westernkidshealth.com

