

OTFC



Before
Your
Meet &
Greet

New to OT? Start here.

Q. Firstly, what's an occupation?

It's not about jobs! In our world, an occupation is anything that occupies your time and matters to you. For young people, their occupations are things like playing, making friends, learning at school, getting dressed, eating, sleeping and joining in with family life.

Q. So what is occupational therapy?

Occupational therapy helps someone do the everyday things that matter and do them in a way that works for them. The trick is that we don't just look at the challenge. We look at your young person, what they're being asked to do, and the world around them, to then focus on what will help them thrive.

Q. How does that apply to my young person?

Sometimes these occupations don't come as easily to a young person. Maybe they find it tough to concentrate, get overwhelmed easily, struggle with everyday tasks like handwriting or getting dressed, or find friendships tricky. This is where a paediatric occupational therapist can help. We work out what's going on beneath what you see day-to-day, supporting your young person to build the key foundations they need to feel capable and confident in their day.



INDICATORS THEY MAY NEED OT

- has difficulty performing daily tasks (e.g., tying shoes laces, using a knife & fork, handwriting)
- struggles to concentrate or sit still
- has difficulty making friends
- experiences meltdowns or rapid mood swings
- appears anxious or defiant
- avoids physical activity
- has a diagnosis
- is a fussy eater
- appears clumsy
- is fearful of or sensitive/reactive to different sensations, such as loud noises or certain textures

How

OTFC

Works

“Play is how we're all wired to learn, so it's how we help your young person grow.”

Behind the fun, there's real science. Our main approach, Ayres Sensory Integration®, is a proven, evidence-based method focused on what happens next: how the brain takes all that incoming information, organises it, and uses it so your young person can understand and interact with the world around them.

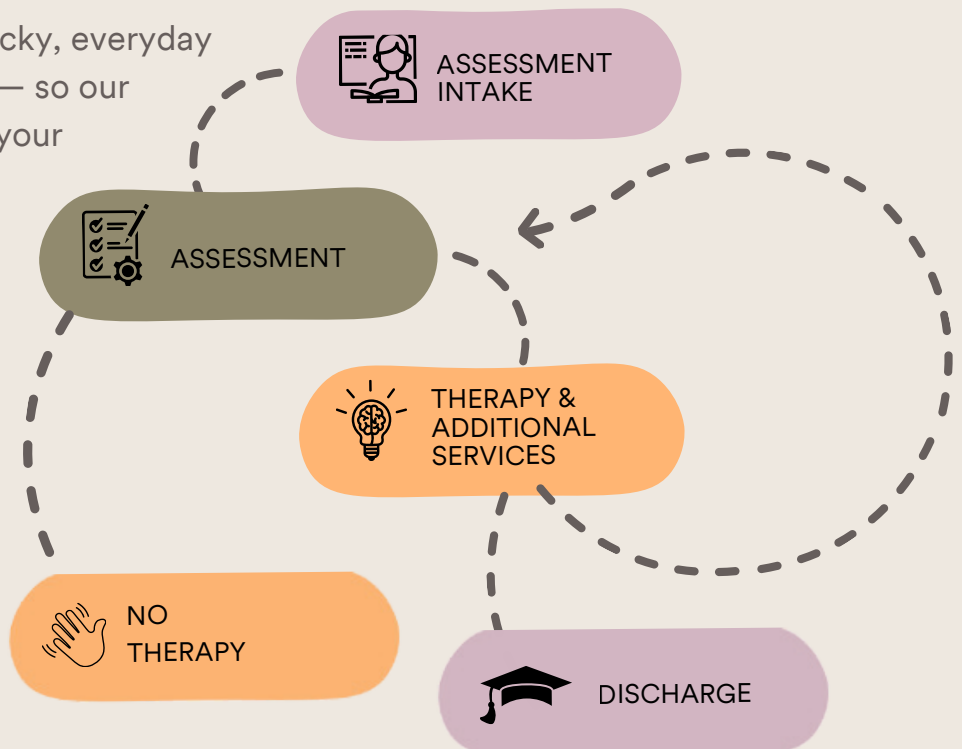
When the brain finds this tricky, everyday life can feel overwhelming — so our therapists use play to help your young person's brain organise it all a little better and the world starts to feel more manageable.

Q. What do sessions actually look like?

In a word: play.

Play looks different at every age. For a little one it might be climbing and swinging, for an older child or teen it might be a game, a challenge or a hands-on activity they're genuinely into.

Whatever it looks like, if you peeked into a session you'd see your young person having real fun. And that's completely intentional.



So what happens after the Meet & Greet?

Q. What does therapy look like?

Therapy is one-on-one, usually weekly, and every session works toward goals we set around your young person. We meet them where they're at and offer the "just-right challenge", gently extending them beyond what they think they're capable of, in a safe space where it's okay to try, wobble and try again. It's how they build the skills and confidence to become the master of their own universe, one step at a time. Caregivers are warmly encouraged to attend, so you can see the kind of support that helps at home too.

Q. Why do you assess before starting therapy?

Because we don't guess, we assess. An assessment tells us whether OT is the right fit, helps us understand where challenges stem from so we can tailor a plan, and gives us a baseline to measure progress against. It means any therapy is genuinely built around your young person.

Q. How long will my young person need therapy?

It's different for everyone. Progress and goals are reviewed regularly, and therapy continues, pauses or wraps up based on what your young person needs. We typically schedule a review assessment 18–24 months in to check in on development.

Q. How much does it cost?

The Meet & Greet is free, and there's no obligation to go further. If you do choose to proceed, the assessment stage has associated costs. Here's a snapshot:

Assessment Intake: \$484.98

In-person Assessment: \$484.98

Assessment Report (Standard): \$387.98

You can view the full breakdown, including therapy session fees, in our schedule of fees. Our fees comply with the NDIS price guide and are reviewed periodically.