



**OTFC**®  

---

**GROUP**



## **OTFC Groups Term 3, 2022**



## MOVIE CLUB GROUP – Age 10-12 years, with Stacey Hein

Movie Club is a social skills group for tweens at OTFC and is aimed at facilitating the development of social skills for client through an engaging medium and activity of interest.

Over the course of the term, the group will watch one selected movie. Each week, the group will watch a section of the selected movie and then engage in conversations surrounding various social themes and learnings. These conversations often lead to organic discussions, and sharing of personal experiences.



The term will aim to focus on the following areas:

- Social interactions
- Identifying & communicating feelings/emotions
- Navigating social conflicts
- Further develop their higher level cognitive & executive functioning skills through exploring context, theory of mind, hidden curriculum and the foundations of empathy.
- Social rules
- Interpreting feelings
- Meeting new people

### The areas will be explored in a number of ways within the OTFC space:

- Demonstrations and observations of effective social skills
- Group discussion and communication with others
- Engagement in activities from the Movie Time Social Learning curriculum, using Movies to Teach Social Thinking and Social Understanding
- Building awareness and understanding of social concepts such as social cognition and social thinking, whilst developing skills in verbal and non-verbal language, inferencing, empathy, collaboration, emotions and feelings, and problem-solving.

### Date/ Time:

- Monday 25<sup>th</sup> July from 5:15pm – 6:15pm for 10 weeks
- Held at OTFC Parkside Boardroom, 3-7 Unley Road, Parkside

### Cost Involved:

- The cost of the group is \$85.00 per session (NDIS rebate full amount)
- If you are not able to attend a session, the full group cost will be charged

### Eligibility Criteria:

- Existing clients only (have completed an OTFC Group Assessment)
- Sensory / motor delay, ADHD, high functioning ASD, dyspraxia
- Attending mainstream school but not essential
- Parent attendance during session is not required

### Parent Communication for the Group:

Parent communication will occur weekly through Seesaw. Pictures and videos will be posted to the App for you to see, as well as a brief run-down of that week's activities. Seesaw will also be used to send you messages and reminders.

Parent interactions with comments and feedback is also encouraged via the Seesaw App!



## DANCE FACTORY - Age 5-7 & 10+, with Olivia Zoia and Natalie Gentilcore

OTFC's 'Dance Factory' group is designed to promote purposeful co-ordination as a means of enhancing individual therapy outcomes. The ability to combine the principles of Occupational Therapy and dance in OTFC's supported and specialised environment, will assist in seeing children explore physical potential and individual creativity, all whilst having fun!

The group is therapy focused and uses a "bottom up" approach in addressing a range of developmental skills relative to therapy goals which include:

- Motor planning
- Visual perception skills
- Body awareness
- Sequencing
- Postural control
- Social skills
- Ideational praxis

The dance and movement group will foster experiences for children of all abilities in developing dance-related skills, e.g. timing, balance, rhythm, flexibility and retention, whilst integrating children's interests and unique talents into every class.

Run by a dancer-trained OTFC Group occupational therapist, Ms. Olivia Zoia and Ms. Natalie Gentilcore, children will have the chance to participate in an array of dance styles such as classical, jazz, hip-hop and musical theatre.

### Date/ Time:

- Wednesdays at 4:15pm – 5.00pm (ages 5 – 7) & 5:00pm – 5.45pm (ages 10+)
- Commencing 27<sup>th</sup> July for 10 weeks
- Held at OTFC Parkside, 3-7 Unley Road Parkside

### What is Needed:

- OTFC Dance Factory t-shirt

### Cost Involved:

- The cost of the group is \$40.00 per session (NDIS rebate full amount)
- If you are not able to attend a session, the full group cost will be charged

### Eligibility Criteria:

- Existing clients only (have completed an OTFC Group Assessment)
- Parent attendance during session is not required

### Parent Communication for the Group:

Parent communication will occur weekly through Seesaw. Pictures and videos will be posted to the App for you to see, as well as a brief run-down of that week's activities. Seesaw will also be used to send you messages and reminders.

Parent interactions with comments and feedback is also encouraged via the Seesaw App!

Prior to the group commencing, the OT will send you details of how to download and use Seesaw.



## OTFC PANTRY – COOKING GROUP – Age 13+, with Sophia Minos

We are launching a cooking group program focused on developing functional independence in the kitchen, a long term life skill.

### The group aims to explore:

- Kitchen safety Hygiene practices
- The use of a utensils and appliances Social skills
- Complete meal preparation Increased self-confidence
- Knife skills Measurements
- Following multi-step procedures Team work

Group members will also accumulate a 'cooking journal' of simplified recipes supporting task break down and visual resources to encourage continued independence in the home. We plan to run as a small group of 4 participants to ensure adequate support and supervision is provided.

### Eligibility criteria:

- Existing OTFC Group clients (have completed an OTFC Assessment)
- Attending/attended mainstream schooling
- Targeted at adolescents, 13+ years of age
- Parent attendance during the session is not required

### Cost involved:

- The cost of the group is \$55.00 per session (10 weeks). NDIS rebate full amount
- Additionally, a cooking essential box will need to be purchased on the first session for \$30.00
  - This is made up of utensils, apron, oven mit, scales, timer and cooking journal folder
- If you are not able to attend a session, the full session cost will be charged

### Date & Time:

- Wednesdays from 5.15pm-6.15pm, commencing 27<sup>th</sup> July for 10 weeks
- Held at OTFC+ 13 Rosslyn Street, Mile End South

### Eligibility Criteria:

- Existing clients only (have completed an OTFC Group Assessment)

### Parent Communication for the Group:

Parent communication will occur weekly through Seesaw. Pictures and videos will be posted to the App for you to see, as well as a brief run-down of that week's activities. Seesaw will also be used to send you messages and reminders. Parent interactions with comments and feedback is also encouraged via the Seesaw App!

Prior to the group commencing, the OT will send you details of how to download and use Seesaw.



## SOCIAL SKILLS GROUP – Age 16+ and 17+ years, with Michael Crisci

This group has been designed to encourage more dynamic and organic social scenarios and interactions. These groups have been developed to build on previous social skill experiences and provide an opportunity to improve social skills and use a multisensory approach to work on a number of skills.

The term will aim to focus on the following Social Skill areas:

- Turn taking behaviour and conflict resolution
- Introduce concepts around digital safety and technology
- Develop leadership skills, team work and collaborative skills
- Further physical and motor skills in a social space
- Build individual confidence in a social setting
- Emotional understanding and ability to express emotions
- Ability to regulate arousal and emotion levels
- Tackle topics such as developing friendships, using empathy, personal space, engaging in conversations

### The areas will be explored in a number of ways within the OTFC space:

- Demonstrations and observations of effective social skills
- Group discussion and communication with others
- Utilising the Sensory Room space to undertake team building activities
- Exploration of simple forms of activity to support social interaction (e.g. cards, games)
- Written/verbal forms to assess and understand social skills (including quizzes and activity sheets)

### Date/ Time:

- 4:15pm – 5:15pm, Wednesdays commencing 27<sup>th</sup> July for 10 weeks for 16+ years
- 5:15pm – 6:15pm, Thursdays commencing 28<sup>th</sup> July for 10 weeks for 17+ years
- Held at OTFC+ - 13 Rosslyn Street, Mile End South

### Cost Involved:

- The cost of the group is \$85.00 per session (NDIS rebate full amount)
- If you are not able to attend a session, the full group cost will be charged

### Eligibility Criteria:

- Existing clients only (have completed an OTFC Group Assessment)
- Sensory / motor delay, ADHD, high functioning ASD, dyspraxia
- Attending mainstream school
- Parent attendance during session is not required

### Parent Communication for the Group:

Parent communication will occur weekly through Seesaw. Pictures and videos will be posted to the App for you to see, as well as a brief run-down of that week's activities. Seesaw will also be used to send you messages and reminders.

Parent interactions with comments and feedback is also encouraged via the Seesaw App!

Prior to the group commencing, the OT will send you details of how to download and use Seesaw.



## SOCIAL SKILLS /BASKETBALL GROUP – Age 8-12 & 13+ with Vincent Acuna

Through the basketball group, we aim to:

- Create a safe space for children to develop their gross motor, sequencing, bilateral motor coordination, and motor planning skills through an identified interest of basketball.
- Create a safe space for children to socialise and develop social and communication skills.
- Facilitate a transition into organised basketball/ social clubs.
- Promote and engage team building, decision making, and co-regulation.

### Date/Time

- Wednesdays at 4:30pm - 5.30pm for age 8-12, or 5:30pm – 6:30pm for age 13+
- Commencing Wednesday 27<sup>th</sup> July for 10 weeks
- Held Offsite at Shoot HQ, 1A Myer Court, Beverley

### Cost Involved:

- The cost of the group is \$65.00 per session (NDIS rebate full amount)
- If you are unable to attend a session, the full group cost will be charged

### Eligibility Criteria:

- Existing clients only (have completed an OTFC Group Assessment)
- Parent attendance during session is not required

### Parent Communication for the Group:

Parent communication will occur weekly through Seesaw. Pictures and videos will be posted to the App for you to see, as well as a brief run-down of that week's activities. Seesaw will also be used to send you messages and reminders. Parent interactions with comments and feedback is also encouraged via the Seesaw App!

Prior to the group commencing, the OT will send you details of how to download and use Seesaw.

