

BOOKING FORM

Please complete and post to 34 Pindari Rd, Peakhurst, 2210 or fax to 9153 0179 or email to help@hopalong.com.au.

Please indicate which program and date you are interested in:

PROGRAM: _____

DATE: _____

Parents name: _____

Child's Name: _____

DOB: _____

Contact Numbers: _____

Address: _____

School: _____ Grade: _____

Diagnosis (if any): _____

Any health problems/ allergies/food intolerances: EG.

Current Concerns: _____

To secure your child's place, a 20% deposit is required. Please phone through a credit card deposit or post a cheque with your booking form.

Please speak to your GP about Medicare rebates (Enhanced Primary Care Plan or Mental Health Care Plan) to gain a referral to occupational therapy before commencing, or retain your receipts for private health fund insurance rebates.

HoPALoNG



Occupational Therapy for Children

Confidence - Skill - Success

Want more information?

Contact us on 1800 809 552

help@hopalong.com.au

www.hopalong.com.au

HoPALoNG also offers individual Centre based assessment and intervention from our Peakhurst and Croydon Centres

After school and Saturday appointments available

Health Fund, Medicare and FaHCSIA rebates may be available

All Therapists are OT Australia Members



HoPALoNG Mission

To provide the best possible services to help children and young people develop confidence and skills to successfully cope with life's challenges

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PRESCHOOL BROCHURE AND SCHOOL READINESS GROUP



'Two or three students from every class are likely to have serious fine motor, visual-motor, gross motor and/or sensory issues affecting their school performance'.

Each program consists of five, 1 ½ hour sessions at the HoPALoNG Peakhurst or Croydon Centre

Programs can also be offered at your own preschool

All Trainers are fully qualified Occupational Therapists

www.hopalong.com.au

1800 809 552

School Readiness Program

Transition to Kindergarten has been developed for children starting school, building their skills and confidence before they start.

- ✂ Gross and Fine Motor skills
- ✂ Prewriting skills
- ✂ Safe scissor use and cutting skills
- ✂ Social and classroom skills
- ✂ Listening and concentration

DATES:

Where: HoPALoNG Croydon

When: January 2012

16/01, 17/01, 18/01,
23/01 & 24/01 2012

Where: HoPALoNG Peakhurst

When: January 2012

19/01, 20/01, 21/01, 27/01 & 28/01

TIME: 9:30-11:00 AM

Each program consists of five, 1 1/2 hour sessions

COST: \$300 includes a take home workbook and morning tea

PROGRAMS ARE OFFERED AT

PEAKHURST: Shop 34 Pindari Rd, 2210

CROYDON: Shop 127 Croydon Rd, 2132

Attendance at all session dates is important.

HoPALoNG can also come to your Preschool.

1. Hop At Preschool

Individual occupational therapy assessment and intervention at school

- Individual Assessments

90 minute assessment to assess the student's fine motor, gross motor, visual motor, school readiness skills as well as social skills, attention and concentration and sensory processing abilities.

- Screening Assessments

When you are not sure which child to refer for a full assessment, request a 30 minute screening assessment.

- Individual Therapy Intervention

Therapy intervention sessions working on the students own goals in a one to one setting with the therapist. Feedback provided to the teachers and parents.

2. Hand in Hand Preschool

Small group or class based occupational therapy intervention at the preschool. Programs can be developed for your preschools specific needs or our set programs can be offered:

- ☆ Handwriting readiness
- ☆ Gross and Fine motor skills
- ☆ Social skills –ages 4-6 years
- ☆ Transition to School

Please call us on 1800 809 552 for more information.



HoPALoNG also offers...

Handwriting Program



The focus on "Easy to Read" Handwriting.

- ✂ Ergonomic posture and pencil grips
- ✂ Fine Motor skills for finger awareness, tool use, in hand manipulation and finger strength.
- ✂ Handwriting legibility using Kinesthetic and Cognitive approaches to spacing, sizing, letter formation & writing speed
- ✂ Bookwork and Classroom organisation skills

Social Skills Program

The social skills program is designed to develop and enhance social interaction skills, social awareness and self-esteem in children. (ages 4-6 & 6-12 years)

- ☆ Self-esteem and Listening skills
- ☆ The Importance of Healthy Friendships
- ☆ Identifying, Addressing and Expressing Emotions Appropriately
- ☆ Conflict Resolution and Anger management
- ☆ Understand STOP, THINK and DO Strategies to Build Friendships

Gross and Fine Motor Skills- Kids BounceBack

A physiotherapist and occupational therapist developed and run small group program to build the motor skills of primary school children through playful activities. Programs are held at local school halls and develop the following skills:

- Balance
- Muscle strengthening
- Core stability
- Ball Skills
- Pincer grip strength
- Motor planning
- In Hand Manipulation Skills
- Aches and pains