

Refer to Occupational Therapy for help with...

- * Handwriting
- * Attention and concentration
- * Fine and gross motor skills
- * Play and social skills
- * Confidence and motivation for learning
- * Visual-spatial learning skills
- * Being organised
- * Sensory processing
- * Technology to assist learning



The goal of Occupational Therapy in the school environment is to improve a student's performance of tasks and activities important for school functioning.

We combine therapeutic techniques to provide individualised therapy intervention including Sensory Processing/Integration, Cognitive, Sensory-motor & Developmental Approaches

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

Ph: 1800 809 552

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HoP At SCHOOL Brochure

HoPALoNG is in a unique position to be able to offer Occupational Therapy Services within the educational school system.



'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.'

All Trainers are fully qualified Occupational Therapists

www.hopalong.com.au

1800 809 552

Handwriting Program



The focus on "Easy to Read" Handwriting.

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

PROGRAMS ARE OFFERED AT
PEAKHURST: Shop 34 Pindari Rd, 2210
CROYDON: Shop 127 Croydon Rd, 2132

PLEASE SEE OUR WEBSITE FOR DATES

WWW.HOPALONG.COM.AU

TEACHER INSERVICES

FREE INSERVICES ARE OFFERED TO LOCAL SCHOOLS DURING YOUR STAFF DEVELOPMENT or STAFF MEETINGS

- ✓ INTRODUCTION TO OCCUPATIONAL THERAPY AND WHICH STUDENTS MAY NEED THERAPY
- ✓ HOW CAN TEACHERS HELP THEIR STUDENTS IN THE CLASSROOM
- ✓ KIDS BOUNCE Back INSERVICES

INSERVICES CAN ALSO BE TAILERED TO YOUR SCHOOLS NEEDS FOR A SMALL FEE

HoPALoNG can also come to your School

1. Hop At School

Individual occupational therapy assessment and intervention at school

- Individual Assessments

90 minute assessment to assess the student's fine motor, gross motor, visual motor, handwriting skills as well as social skills, attention and concentration and sensory processing abilities. We are also trained to provide Board of Studies Special Provision assessments and reports

- Screening Assessments

When you are not sure which child to refer for a full assessment, request a 30 minute screening assessment. 5 students minimum.

- 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 School

Small group or class based occupational therapy intervention at your school. Programs can be developed for your school's specific needs or our set programs can be offered:

- ☆ Handwriting program
 - ☆ Gross and Fine motor skills
 - ☆ Social skills –ages 6-12 years
 - ☆ Transition to School
- Offered as 10 x1 hour per week programs

Programs can be invoiced directly to the parents or to the school

Please call us on 1800 809 552 for more information.



HoPALoNG also offers...

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

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 and drawing skills
- + Safe scissor use and cutting skills
- + Social and classroom skills
- + Listening and concentration