

## 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](http://www.hopalong.com.au)

HoPALoNG also offers individual Centre based assessment and intervention from our Peakhurst and Croydon Centre  
*After school and Saturday appointments available*

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

# HoPALoNG



Occupational Therapy for Children

Confidence - Skill - Success

**GROUP PROGRAMS BROCHURE**  
**Handwriting Groups 2011**



*'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'.*

**HELP your students in the holidays**

*Each program consists of five, 2- hour sessions at the HoPALoNG Peakhurst or Croydon Centre*

*All Trainers are fully qualified Occupational Therapists with OT Students as helpers.*

[www.hopalong.com.au](http://www.hopalong.com.au)

**1800 809 552**

## The Handwriting Program

The focus being "Easy to Read" Handwriting.

- *Postural strength and stability.*  
*Ergonomic posture and pencil grips at the desk using easy to remember rhymes and checklists.*
- *Fine Motor skills for finger awareness, tool use, in hand manipulation and finger strength.*
- *Handwriting legibility using Kineathetic and Cognitive approaches to spacing and sizing*
- *Handwriting Speed*
- *Bookwork and Classroom organisation skills*
- *Equipment prescription such as pencil grips and/or slopeboard if needed*

Handwriting is the most common reason for OT referrals in the school system - 95% of Occupational Therapy referrals (Missiuna, 1999, cited in Sahagian Whalen, 2003)

## HANDWRITING PROGRAM

*Each program consists of five, 2- hour sessions at the HoPALoNG Peakhurst or Croydon Centre*

*Attendance at all session dates is important.*

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

### **DATES:**

**Where: HoPALoNG Peakhurst**  
**When: Term 1-2 Holidays 2011**  
**14/4, 15/4, 16/4, 20/4 & 21/4**

**Where: HoPALoNG Croydon**  
**When: Term 2-3 Holidays 2011**  
**4/7, 5/7, 11/7, 12/7 & 13/7**

**Where: HoPALoNG Peakhurst**  
**When: Term 3-4 Holidays 2011**  
**29/9, 30/9, 1/10, 6/10 & 7/10**

**Time: 9.30-11.30AM**

**Cost: \$300 includes resources, take home workbooks and morning tea**



## 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.*

- ☆ *Self-esteem and Listening skills*
- ☆ *Identifying, Addressing and Expressing Emotions Appropriately*
- ☆ *Conflict Resolution and Anger management*
- ☆ *Understand STOP, THINK and DO Strategies to Build Friendships*
- ☆ *Assertiveness Techniques to Handle Bullying*

### 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*

### 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. Programs are held at local school halls.*

- *Muscle strengthening and Core Stability*
- *Pincer grip strengthening* ● *Balance*
- *Ball Skills* ● *In Hand Manipulation Skills*