

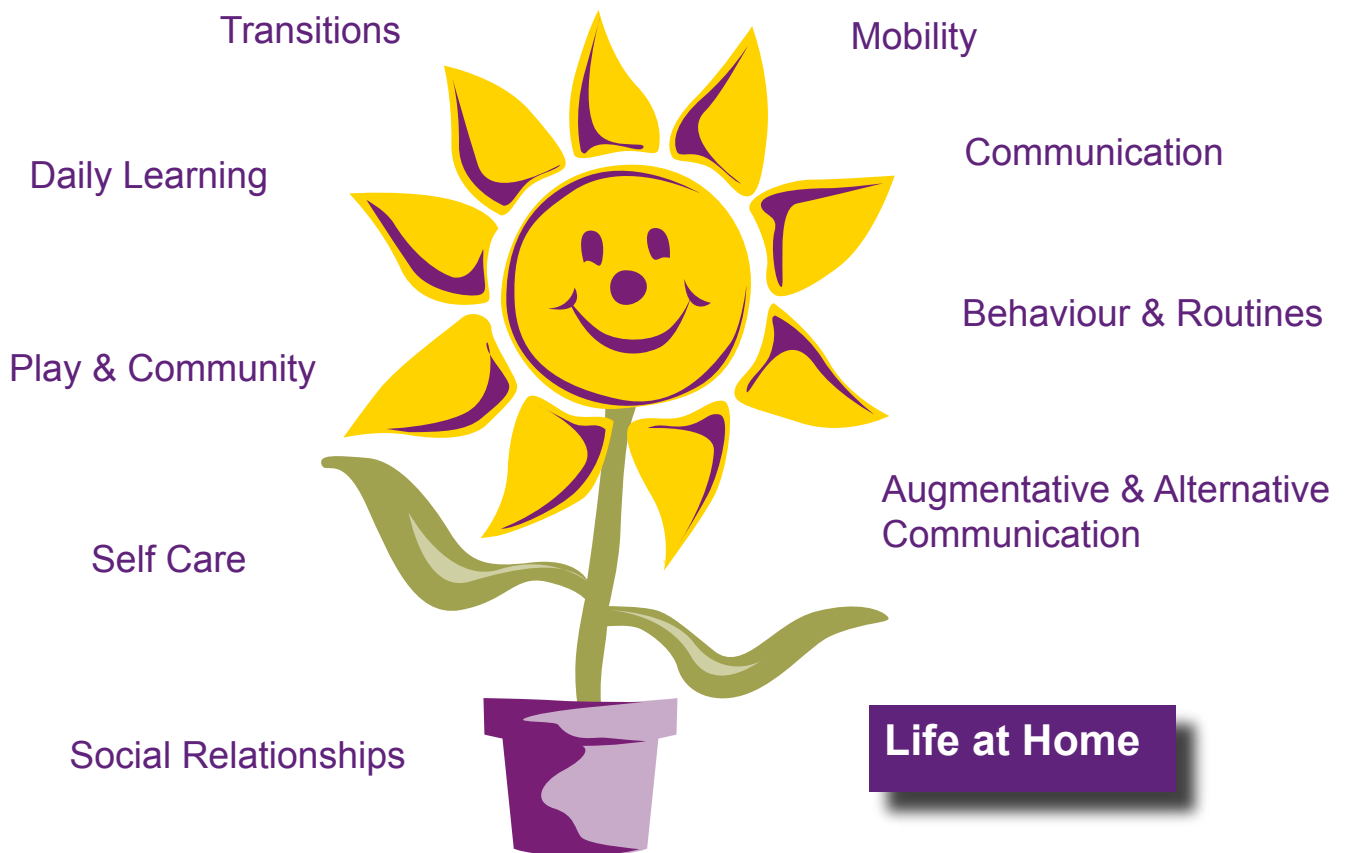
Helping you set goals for your child

At Therapy Focus, we recognise and value your role as parents being the experts on your child and family.

Our Services are a support to help your child reach their potential and enhance their participation in the community. Educating and empowering you to help your child is

an important part of our holistic therapy services.

This brochure is a starting point for discussion about your child and your family. It offers ideas to create new activities your child is able to do with encouragement and support.



The way we work

- We recognise that family is central to therapy. Families bring knowledge and expertise about their child to help identify the child's needs, develop goals and practice strategies.
- The family, therapy team and teaching staff work together to identify problems and share ideas. Each has a role to play in developing the child's skills.
- We use every opportunity in the family's and child's routine and environment to develop skills.
- Therapists work as a multidisciplinary collaborative team, sharing skills to meet the needs of the child.
- We recognise the child's strengths and how they can be developed to increase participation in the activities of life.

LIFE AT HOME

Life at home refers to those activities related to everyday actions and tasks within the home and community that are required to maintain a household.

Household activities include:

- Preparing meals and snacks
- Cleaning/housework
- Washing clothes
- Shopping
- Household maintenance
- Money Skills

Domestic skills are important as they allow us to live and participate within the community with greater independence. Domestic skills can be easily transferred into other areas of life and will ease the transition into adulthood and post-school work.

- **Use Every Opportunity** by allowing your child to participate whenever possible throughout their normal routine. This allows them to improve their skills through participation in everyday activities.
- **Practice** doing a small part of an activity each day. Children find it easier to learn new skills in smaller sections.
- **Be Consistent** with the words and signs used to instruct your child, try to keep instructions short and simple.
- Ensure that there is enough **Time** available for your child to participate in activities without feeling rushed.
- Allow your child to **Observe** other family members performing everyday

activities. Modelling appropriate behaviours is a fantastic way to develop skills.

- **Use Encouragement** to let your child know they are doing a great job. This will help them to keep motivated and boost their self-esteem.
- Being **Patient and Calm** is important when teaching your child new skills.
- Use **Small Steps** by breaking the activity down into small, manageable steps, which can be learnt one at a time.



Example

Sam is a 16 year old young man who lives at home with his mother, father and younger sister.

Sam and his family have talked about him taking on a more active role around the house as he is getting older. Sam



has identified that he would like to help his mother with purchasing groceries for the weekly meals.

Long Term Goal: Sam will support his mother by constructing a shopping list and purchasing the food items for one meal each week.

Sam's Occupational Therapist and Speech Pathologist met with his family to discuss setting up visual supports and community visits to support Sam's ability to purchase groceries. A pictorial shopping list was provided and money safety strategies were embedded into the community visits. Regular phone contact was undertaken in order to monitor Sam's progress and provide any additional support required.

Outcome: After a couple of months Sam was able to navigate his way around the local shopping centre and purchase groceries for one meal, whilst supervised. Through the use of switch activated kitchen appliances and modified utensils, Sam has started assisting his mother with some food preparation activities in the evening.

Resources to help your child's skills for life at home

Communication Cards:

Transperth has introduced Communication Cards to assist people with disabilities in communicating with Transperth personnel.

There are two sections that can be completed on the Transperth Communication Cards:

- Please stop at: This area should contain information about your child's destination.
- Please help with the following: Write in this area if you need the Transperth driver to assist your child with anything concerning your trip.

Simply call the Transperth InfoLine on 13 62 13 (TTY: 9428 1999), email enquiries@transperth.wa.gov.au or visit any Transperth InfoCentre to receive a communication card.



Visual Supports:

There is a wide array of visual supports that can be used in the home, at school, and in the community.

Visual Supports such as the pictorial shopping list featured, provide your child with a prompt with a prompt to understand and remember what is required of them and can also be used as a support for speech.

Visual supports can be phased out, or reduced to more typical levels, as your child becomes more successful in the environment or task. Keep in mind that some individuals may need such support for longer than others.



Switch activated appliances:

Most kitchen appliances can be modified to switch access, which allows your child to operate the appliance by lightly pressing a switch with their hand, knee, or head.

TADWA are able to provide further information regarding switch compatibility of appliances and can implement any modifications necessary.

Services that can help

Activ Library

Address: 41 Bishop St, Jolimont, 6016

Ph: 9387 0555

www.activ.org.au

Local Area Coordination

(provided through the Disability Services Commission)

Able to provide support and advocacy for people with disabilities and their families.

For help in your area visit:

www.disability.wa.gov.au

RUCSN

(Resource Unit for Children with Special Needs)

A resource for children with disabilities and their families. Services include a library, resources and training.

Address: 144 Railway Parade, West Leederville, 6007

Ph: 9478 9500

www.rucsn.org.au

TADWA

Technology Assisting Disability WA (TADWA) design, construct, adapt, install and maintain aids for people with disabilities.

Address: 371 Collier Rd, Bassendean WA, 6054

Ph: (08) 9379 7400

1300 663 243 (non metropolitan residents)

www.technicalaidwa.org.au

ILC (The Independent Living Centre)

A not for profit service that provides expert advice on equipment, access and resources for people with disabilities and their families.

Address: The Niche, 11 Aberdare Rd, Nedlands, 6009

Ph: 1300 885 886 (free call)

www.ilc.com.au