

What to Expect

Initial Appointment

Your first appointment involves working together to plan individualized goals. To do this, we will take a detailed case history, informal observations and if time permits a brief screening assessment. This initial session will be play-based and focus on rapport building with your child. The information gathered from the first session not only helps to plan goals, but also guides which formal assessments will follow.

Assessment Session(s)

Assessment can take an additional 1 to 2 sessions after the initial appointment. The length of time very much depends on your child's interest and attention. Assessments are important in understanding strengths and areas of need to guide intervention planning. A comprehensive report will follow assessment (billed separately).

Therapy Sessions

Therapy will incorporate evidence-based interventions, usually through play and focused on positive interactions. A supportive environment is used to nurture your child to reach their goals. Little Lambs uses a slightly different service model to most, based around blocks of intensive therapy, as I believe frequency is one the most important factors in achieving goals. Please contact me if you wish to find out more about my service delivery model before booking an appointment, to see if it may be the right choice for you and your family.

Included in your Fee

- Face-to face time spent with you and your child.
- Individualised session planning, using evidence-based practices.
- Preparation of session materials and resources.
- Information and materials for home practice.
- Administrative costs (up to 14 minutes durations); including phone calls, emails, CDM letters to your GP etc.
- Maintaining your child's file (e.g. recording progress and documenting case notes).

Additional Services

- Reporting for assessments and NDIS progress reviews.
- Home Therapy Packs (including phone call to ensure instructions are understood).
- Phone call longer than 15 minutes in duration.
- Meetings with other educational or health providers (e.g. teachers, occupational therapists etc.) in person, via video conference or phone.
- Creating custom visual supports for your own use (e.g. visual timetables, social stories etc.).
- Other services which may arise longer than 15 minutes in duration.