

Services available within the Sydney Metropolitan Area



Northcott is able to provide a variety of different services to families living within the Sydney Metropolitan Area.

- The P.L.A.Y. Project
- Speech Therapy
- Occupational Therapy
- Intensive Family Support
- Computer Assistive Technology

The P.L.A.Y. Project

The P.L.A.Y. Project intervention is based on the FLOORTIME approach, which utilises techniques designed to help children with an Autism Spectrum Disorder (ASD) resolve the core deficits in social skills, communication and stereotyped or repetitive behaviours. The P.L.A.Y. Project enables parents to meet the 20 hours recommended weekly intensive intervention for young children with ASD. Trained P.L.A.Y. consultants teach parents techniques that are effective, fun and useful in day-to-day interactions with their child with autism. As the visits are in the family home the consultant see the child in an environment that is comfortable for the child and the parents do not have to travel with their child to an unfamiliar setting.

Trained home consultants provide this intervention through 10 home visits a year and are available for telephone support between these visits. These focus on supporting children with ASD to build emotional connections and engage in meaningful relationships with their family and others. It includes parent training useful in day to day interactions, which can be incorporated into daily routines. Parents will then be able to provide the 'intensive' support to children with ASD through their play interactions.

The P.L.A.Y. Project will be provided for a set fee. Please see NECAS fee summary for more detailed information.

Speech Therapy

Northcott speech pathologists work with children and their families to promote the child's ability to communicate their needs and wants, and to interact socially with others. The Speech Pathologist also works to develop a child's understanding of language, such as following instructions or simple conversations and developing their concept knowledge. In conjunction with the Occupational Therapist, a Speech Pathologist can also help your child with understanding change in their environment and daily routine and reducing the anxiety and frustrations that this can cause. Northcott's Early Intervention speech pathologists are trained in the use of Picture Exchange Communication System (PECS) and other visual strategies that can help your child with their communication needs.

Speech Therapy is available in the following formats:

Centre Based:

- Centre based therapy is currently available at Northcott's Parramatta, Casula and Campbelltown offices
- Centre based therapy will be provided between the hours of 8.00am – 4.30pm
- Centre based therapy will be provided for a set fee Please see NECAS fee summary for more detailed information
- Centre based therapy will be provided on specific days. Please see NECAS schedule for more detailed information

Home and/or School Based:

- Home and/or school based therapy will be provided between the hours of 9.00am – 4.00pm
- Home and/or school based therapy will be provided to families within 10km of a Northcott Office for a set fee. Please see NECAS fee summary for more detailed information
- Home and/or school based therapy will be provided to families more than 10km of a Northcott Office at a different fee. NECAS can be contacted to provide an individual quote.
- Home and/or school based therapy will be provided on specific days in specific areas. Please see NECAS schedule for more detailed information.

Occupational Therapy

Northcott Occupational Therapists work with the child and their family to promote the child's ability to independently participate in everyday activities. The Occupational Therapist has the capacity to work on home or preschool based sensory integration strategies, play skills to foster learning and motor skills to promote integration and independence. In conjunction with the Speech Pathologist, the Occupational Therapist can also work with the child and family to develop adaptive techniques and strategies to help the child function within their environments and cope with changes to their daily routines.

Occupational Therapy is available in the following formats:

Centre Based:

- Centre based therapy is currently available at Northcott's Parramatta, Casula and Campbelltown offices
- Centre based therapy will be provided between the hours of 8.00am – 4.30pm
- Centre based therapy will be provided for a set fee Please see NECAS fee summary for more detailed information
- Centre based therapy will be provided on specific days. Please see NECAS schedule for more detailed information

Home and/or School Based:

- Home and/or school based therapy will be provided between the hours of 9.00am – 4.00pm
- Home and/or school based therapy will be provided to families within 10km of a Northcott Office for a set fee. Please see NECAS fee summary for more detailed information
- Home and/or school based therapy will be provided to families more than 10km of a Northcott Office at a different fee. NECAS can be contacted to provide an individual quote.
- Home and/or school based therapy will be provided on specific days in specific areas. Please see NECAS schedule for more detailed information

Intensive Family Support

Intensive Family Support is a short term therapeutic intervention aimed at families who are experiencing high levels of stress. Working from a Strengths Based perspective the Family Therapist supports families to identify and achieve family goals. Through out of hours telephone support and flexible home visiting times Family Therapists can provide counselling, practical assistance, assist the family to develop behavioural strategies, build informal and formal supports for the family and provide some case management support.

Intensive Family Support will be provided for a set fee Please see NECAS fee summary for more detailed information.

Computer Assistive Technology Services (CATS)

CATS provide support regarding assistive technology options for children with ASD and their families. CATS is staffed by Speech Pathologists and Occupational Therapists with a high level of expertise in Assistive Technology and Early Intervention. Assistive Technology can assist children with ASD in: communicating with others through high-tech communication aides; accessing software programs that will facilitate their learning or assist with the child's understanding of change in their daily routine or environments; independently participating in preschool activities through the use of handwriting alternatives.

CATS will be provided for a set fee Please see NECAS fee summary for more detailed information.