

How We Do It

Our team engages in professional development that exceeds our registration requirements by about five times! This enables the professional and personal growth of our OTs, allowing us to provide the best family-centred supports possible.

We have completed professional development in the following areas:

- Interoception
- Core Assessment and screening
- Trauma-informed care
- Positive behaviour support
- Sensory Processing
- Handwriting
- Vestibular assessment and intervention
- Fine Motor and gross motor skills
- Emotional regulation including The Zones of Regulation Program
- Social Skills & Secret Agent Society
- Primitive reflexes
- SOS Approach to Feeding Therapy
- Making sense of mealtimes
- Mental Health First Aid

REFER

Scan the QR code to visit our website

WHRALLIEDHEALTH.COM



OR

Call our friendly admin team to explore how WHR Allied Health can **Effect Change** with you



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TORQUAY, VIC

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WHR ALLIED HEALTH



PAEDIATRIC
OCCUPATIONAL THERAPY

Who We Are

WHR Allied Health was established in 2012 on the Surf Coast of Victoria to offer clients evidence-based client-centred Allied Health Services.

We love being Paediatric OTs as we get to work with our clients and see them flourish in their daily occupations: self-care, productivity and leisure/play.

We work with children to achieve independence. We use games and daily activities to help children learn a particular skill or learn alternative ways to do things.

We are passionate about providing evidence-based, family-centred and fun supports for children.



What we do

At WHR Allied Health, we prioritise a family-centred, strengths-based approach. We work with children of all ages, ranging from 2 to 17 years, to achieve their goals across all activities of daily life.

This may include fine and gross motor skills, sensory assessment and interventions, vestibular assessment and interventions, behaviour support, trauma-informed practices, school readiness, social skills training, interoception interventions and parenting groups.

Family - Fun - Friends Fitness - Future

We incorporate the *F-Words* into our planning to provide a holistic approach in understanding a child's development in relation to their participation, activities and environment.

Where We Are



We provide support in clients' homes, daycare centres, schools, the community, and in our fun and interactive clinics.

We are based in
**Torquay, Victoria
&
Albury, NSW**

We'll make appointments with you based on what best enables us all to work together to achieve success and are not bound by having time-limited sessions.

**Come and see us, we'd love to help
your child grow and thrive in their
environments!**