



IRABINA
AUTISM SERVICES

DEVELOPMENT PROGRAM. AQUATIC OCCUPATIONAL THERAPY. SIBLING ASSESSMENT CLINIC. *ADOLESCENT YOUTH CLUB.* RECREATIONAL PROGRAMS. AUSKICK. APPLIED BEHAVIOUR ANALYSIS. **GLOBAL LEARNING AND DEVELOPMENT PROGRAM.** AQUATIC OCCUPATIONAL THERAPY. SIBLING SUPPORT PROGRAM. HANDWRITING GROUP. *SELF-REGULATION PROGRAM*

PROGRAMS & SERVICES

APPLIED BEHAVIOUR ANALYSIS
BASKETBALL. AQUATIC OCCUPATIONAL THERAPY. **MUSIC AND MOVEMENT.**
HANDWRITING GROUP.

2017

TRANSDISCIPLINARY GROUPS. **PARENT EDUCATION PROGRAM.** SOCIAL SKILLS PROGRAMS. MUSIC AND MOVEMENT. BASKETBALL. INDIVIDUAL THERAPY SESSIONS. ASSESSMENT CLINIC. *ADOLESCENT YOUTH CLUB.* **RECREATIONAL PROGRAMS.** AUSKICK. APPLIED BEHAVIOUR ANALYSIS. GLOBAL LEARNING AND DEVELOPMENT PROGRAM. AQUATIC OCCUPATIONAL THERAPY. SIBLING SUPPORT PROGRAM. *HANDWRITING GROUP.* SELF-REGULATION PROGRAM. **MUSIC AND MOVEMENT.** BASKETBALL. **INDIVIDUAL THERAPY SESSIONS.** ASSESSMENT CLINIC. *ADOLESCENT YOUTH CLUB.* HANDWRITING GROUP. SELF-REGULATION PROGRAM

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WELCOME TO IRABINA

At Irabina Autism Services we continue to develop programs and services that help meet the needs of children and adolescents with Autism Spectrum Disorder and their families. From experience, we realise that not one program will suit all the different families that Irabina engages with. Therefore, the programs for 2017 demonstrate our commitment to being able to provide a variety of programs - individual as well as group based, that will benefit children and adolescents at varying ages and stages of their development. We strongly believe that the parents of young people with ASD are their ultimate advocates and life long teachers, and we will continue to offer programs for parents that help support them in this very important role. In fact, we offer programs that help support the entire families of those living with Autism.

We recognise the need to incorporate various teaching techniques and practices that are evidence-based and research informed in our programs to provide the best outcomes for everyone who walks through our doors. We are continually ensuring that our programs adopt approaches with strong research base, and continue to evaluate our programs in our efforts to provide the best that we can for our Irabina children, adolescents and their families.

SUMMARY OF PROGRAMS

Early Intervention
Primary School Age
Adolescent

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THE ASSESSMENT CLINIC

The Irabina Assessment Clinic provides comprehensive evidence-based assessments for Autism Spectrum Disorders in children and adolescents. The assessments are completed by Clinical Psychologist and Speech Pathologists.

The Irabina Assessment Clinic delivers an assessment to confirm or exclude a diagnosis of Autism Spectrum Disorder, and to ascertain the presence of other neurodevelopmental disorders. Children are referred to the clinic when delays in the areas of social communication, play or behaviour indicate a possible diagnosis of ASD.

The diagnostic assessment process takes approximately 6 hours, which is spread across several days in a 4 to 6 week period, including report writing. You do not require a referral from a Paediatrician or General Practitioner (GP) to attend Irabina. However, children aged under 13 years of age are eligible for a Medicare rebate on our assessment fee, which is claimable after the assessment. A referral from a paediatrician would be needed to be eligible for the Medicare rebate. We can commence the diagnostic process if you are awaiting an appointment with your child's Paediatrician. The multidisciplinary team are also available to complete other assessments such as school funding assessments and reports. Please contact us to discuss costs.

PAEDIATRICIAN SERVICES

At Irabina we are proud to offer an on-site paediatrician service at our Bayswater location.

A paediatrician is a doctor who manages the health of your child, including physical, behaviour, and mental health issues. Having a paediatrician on-site allows Irabina to have a multi-disciplinary approach to autism, providing the young person and their family with a number of different services at one location. The child and development paediatrician has a particular interest in the area of autism and is ready to support Irabina families through their journey.

Appointments are currently available on Thursdays at Bayswater.

FOR MORE INFORMATION

please contact reception.



INDIVIDUAL THERAPY SERVICES

CENTRE-BASED

Sessions will be discipline based i.e. Speech Pathology, Occupational Therapy, Psychology or approach-based e.g. ESDM.

- 50 min sessions – frequency can be determined in collaboration between family and clinician
- Sessions are held at Irabina centres
- Goals are individualised and will be determined in collaboration between family and clinician
- For children of various ages

COST:

- \$250 for Initial Consultation Sessions (OT and Speech only) - includes provision of written Intervention Goals & Plans for ongoing sessions)
- \$170 per session for ongoing sessions.

FUNDING:

- can be a state funded service (term fees apply) - Bayswater only
- FFS
- HCWA
- NDIS
- Medicare rebates & private health insurances may apply



INDIVIDUAL/GROUP THERAPY SERVICES

HOME/COMMUNITY BASED

Sessions will be discipline based i.e. Speech Pathology, Occupational Therapy, Psychology or approach-based e.g. ESDM.

- 60 min sessions (not including travel time) – frequency can be determined in collaboration between family & clinician
- Sessions are held at child's home or childcare/kinder/school
- Goals are individualised and will be determined in collaboration between family and clinician
- For children and adolescents of various ages

COST:

- \$255 per session - up to 20km
- \$305 per session - 20km to 40km
- Social Skills & other therapy based groups can be run in community settings (cost will vary)

FUNDING:

- FFS
- HCWA
- NDIS - Please contact us for more information
- Medicare rebates & private health insurances may apply



FEEDING CLINIC

Irabina's feeding clinic is now open! Based on the evidence-based intensive day treatment model from Marcus Autism Centre, our program is the only one in Australia to offer empirically supported intensive intervention for children with severe food refusal and/or food selectivity.

This program is designed to support children from as young as 8 months old with or without a diagnosis of ASD. The multidisciplinary team work with the child and family to carry out an assessment and behavioural intervention program that focuses on increasing the range of foods in a child's diet and the amount of food accepted orally (ie, for children who are tube dependant).

A feeding disorder can have a huge impact on a child's ability to function and participate fully in the home, school and other social settings which, in turn, can lead to deficits in physical, social and psychosocial development. Feeding disorders can also place huge stress on the family and limit their opportunities for social outings and engagements with friends and family.

Common signs and symptoms of a feeding disorder include:

- Poor weight gain
- Mealtime tantrums, or mealtimes exceeding 40 minutes
- Distress, anxiety and an unwillingness to try new foods
- Feeding tube, bottle or formula dependence
- Inability or refusal to feed oneself
- Extreme pickiness (eating less than 12 foods)
- Unable to increase food textures

FOR MORE INFORMATION

please contact reception.

BRIEF BEHAVIOUR INTERVENTION (BBI)

The Brief Behaviour Intervention program focuses on directly supporting and coaching parents to identify effective behavioural interventions for specific problem behaviours and implement these successfully in the home and community setting.

This is a 10-week program consisting of weekly 2-hour sessions with the psychologist. Both the parent and the child with ASD need to be present at all sessions. The sessions can take place in the clinic, home or community, depending on where the problem behaviour is most prevalent. During these sessions, the therapist will rarely work directly with the child; the aim is for them to help the parent problem solve situations and teach them how to implement specific intervention strategies.

COST:

\$340 per session
(travel costs will apply if sessions are run at home or in the community)

FUNDING:

- NDIS - Please contact us for more information
- FFS
- HCWA



BEHAVIOUR MANAGEMENT PARENT TRAINING

This parent training program is designed for parents of children with ASD and disruptive behaviours. The program is based on the principles of Applied Behaviour Analysis (ABA) and aims to support parents of children with ASD and co-occurring behaviours such as tantrums and emotional regulation difficulties, non-compliance, difficulties with transitions and physical aggression.

The program consists of 16 sessions where the parent meets with the psychologist to learn specific strategies to implement at home to decrease the incidence of problem behaviours. Parents are given homework tasks to carry out between sessions.

COST:

\$340 per session

FUNDING:

- FFS
- HCWA
- NDIS - Please contact us for more information

TOILETING PROGRAM

This program is modelled on evidence-based treatments developed at the Marcus Autism Centre in America. The program consists of regular trips to the bathroom followed by reinforcement for using the bathroom following a set schedule. The two different toileting programs available are:

- a three-day brief behavioural intervention toilet training program
- a two-week intensive toilet training program (focusing on enuresis)

The three-day program focuses primarily on training the parent/ caregiver to implement procedures necessary to successfully toilet train your child.

The two-week program is an intensive program where your child will attend the clinic for up to 10 days and work through intervention procedures with a therapist focusing on consistency and reinforcement. The parents will be required to have some involvement in the treatment towards the end of the program.

FOR FURTHER INFORMATION

please contact reception.

GLaD

Global Learning & Development Program

The Global Learning & Development Program is an eclectic early intervention program incorporating teaching practices and curriculum derived from ESDM and ABA models. The program is developed & staffed by a team that may include a Specialist Teacher, Behavioural Therapist, Psychologist, Occupational Therapist and Speech Pathologist.

- Goals targeted will be based on the ESDM curriculum and are individualised based on your child's developmental profile as well as staff observations around their learning style, participation in a group setting with peers, their play skills and adaptive behaviours.
- Pre and post assessments will be used to determine goals and outcomes for each child every 12 months

COST:

- Based on the number of days/hours per week
- Annual administration and assessment fee of \$1000

FUNDING:

- FFS
- HCWA
- A combination of FFS and HCWA
- NDIS - Please contact us for more information

APPLIED BEHAVIOUR ANALYSIS (ABA)

ABA is an evidence-based therapy for children diagnosed with Autism Spectrum Disorders. ABA applies an understanding of behavioural principles to help children learn new skills and to decrease unwanted behaviours. An ABA program may be able to help your child develop new skills in many areas, including:

- Behaviour and coping skills
- Communication skills
- Self-regulation & understanding emotions
- Social skills
- Academic skills
- Daily living skills
- All ABA programs are developed & supervised by a psychologist

COST:

- \$600 annual assessment and goal setting session
- \$60 per hour (2-3 hour sessions)
- \$430 monthly review sessions

FUNDING:

- NDIS - Please contact us for more information
- FFS
- HCWA

TRANSDISCIPLINARY GROUPS

The goal of the group is to work on developing skills to assist children to integrate into group environments e.g. schools, kinders. These skills include listening and following instructions, early social skills such as sharing, taking turns & play skills, following group routines, transitioning from different activities and/or play spaces, working with peers and use of communication in a social context.

- Staffed by a mixed clinical team
- 2 hours a week - 8 weeks per school term
- Groups are organised based on children who have similar needs and goals

COST:

\$200 per session

FUNDING:

- Can be a state funded service (term fees apply) - Bayswater only
- FFS
- HCWA
- NDIS - Please contact us for more information

SOCIAL SKILLS PROGRAM

The basis of this group is to work on social communication and social thinking skills using various approaches e.g. role-modelling, scenario discussions, team based activities and social games.

- Children must have conversational language skills
- Groups offered for Primary aged children. Children will be grouped according to goals and needs, as well as age range.
- Staffed by a Speech Pathologist and other support/clinical staff as required for a maximum of 7 children per group.
- 1 hour per week - school terms only

COST:

\$70 per session

FUNDING:

- FFS
- HCWA
- Combination of FFS and HCWA
- NDIS - Please contact us for more information

HANDWRITING GROUP

The basis of this group is to develop children's handwriting through a developmental and multisensory approach. The group will use a range of mediums and materials that support different styles of learning. This group is ideal for primary school students in the early years.

This group will target:

- Fine motor skills and pencil grasp development
- Letter and number recognition
- Letter and number formation
- Letter sizing
- Body awareness
- Social skills

COST:

\$70 per session

FUNDING:

- FFS
- HCWA
- NDIS - Please contact us for more information

SELF-REGULATION GROUP

The basis of this program is to provide practical tools to support children with self-regulation difficulties. The aim of the group is to improve self-awareness, explore self-regulation and the strategies that can be utilised to support their needs.

This group is ideal for children attending Grade 1 or above in mainstream primary school. It will be suitable for children who have sufficient language to engage in conversations and have a basic understanding of emotions. This group will target:

- Developing and expanding understanding of emotions
- Learning about body speeds
- Identifying body speeds
- Exploring methods to change body speeds
- Learn to regulate body speeds through sensory methods
- Body awareness
- Social skills

COST:

\$70 per session

FUNDING:

- FFS/HCWA
- NDIS - Please contact us for more information

MANDARIN SPEAKING PARENT-CHILD GROUP

This program is especially for Mandarin speaking families with children aged 3-5 years who have an ASD diagnosis. Parents and children attend together.

Part of the program will be discussions with parents while children are supported to play. Another part involves families coming together for circle time where music and songs will be used as a way to engage children and their parents.

Goals of this program:

- Parent-child attachment
- Language learning through play
- Group participation
- Supporting parents
- Play development
- Peer support for parents

COST:

\$110 per session per family

STAFF:

Mandarin speaking clinicians

FUNDING:

- FFS
- HCWA
- NDIS - Please contact us for more information

中文亲子游戏小组

本活动特别针对的对象是育有3至5岁、被诊断患有自闭症障碍(ASD)儿童的中文家庭。本活动在家长和孩童一同参与下，有一部分是当你的孩子在陪同下游戏的同时，家长可以参与我们的一些讨论活动。另一部分则是所有家庭共同参与的“circle time”，是孩童和家长透过音乐和歌曲一起来互动的的时间。

- 拉近亲子关系
- 透过游戏学习语言
- 团体参与
- 为家长提供支持
- 游戏发展
- 透过同侪为家长提供支持

费用：每次每家庭 \$110

工作人员：讲中文的临床医师

若有兴趣参加本活动，或者有任何疑问或疑虑，请来信 autism@irabina.com 或致电 (03) 9720 1118

PARENT-CHILD EDUCATION PLAYGROUP

The aim of the group is to facilitate parent-child interaction through developing and improving play skills essential for development. Children with Autism Spectrum Disorder often have poor play skills and limited interest in interacting with others, so they need more support to learn these skills.

This group will teach parents how to interact with their children to assist with developing their play skills. The group will be facilitated by trained professionals with a background in child development and play-based approach. Parents will be provided with education on key areas of play and facilitated to play with their children to develop these skills in their children. Parents will also have an opportunity to interact with other parents, and both parents and children can be peer-supported in the program.

- 1.5 hours a week – school term only

COST:

\$110 per session

FUNDING:

- FFS
- HCWA
- NDIS - Please contact us for more information

SIBLING SUPPORT PROGRAM

This program focuses on normalising the children's experiences and feelings, and developing supportive networks with other children who have common experiences of growing up with a sibling with ASD. The children will also work through activities that will equip them with strategies for coping when things get tough.

The program is designed to be fun and engaging and provide opportunities for open discussions about the good and the not-so-good parts about having a sibling with ASD. There will be fun games and activities, new friendships formed and the children will also gain some insight into the types of services their sibling attends and how these services help and support their development. Children will benefit from being able to talk to peers about how they handle difficult situations sometimes faced by their sibling with ASD.

Costing will be determined by the structure of the program. Please contact us for more details or to express your interest in this program.



AQUATIC OT INDIVIDUAL SESSIONS

The basis of these sessions is to provide individual support for children to develop comfort and safety in the water, and/or use the water as a motivating medium to target goals related to engagement, interaction and communication while building core strength and gross motor skills.

- 30 min sessions once a week during school terms
- Staffed by an Occupational Therapist with AUSTswim certification
- For children in early intervention and up to Grade 1

COST:

\$95 per session

FUNDING:

- FFS
- HCWA
- NDIS - Please contact us for more information

AQUATIC OT GROUP SESSIONS

The basis of these sessions is to extend the skills of children who have had individual sessions but are not yet ready for mainstream group swimming lessons. This group will target beginning swimming skills and serve as another stepping stone for children with ASD to transition into more mainstream swimming groups.

- 45 min sessions once a week during school terms
- Staffed by an Occupational Therapist with AUSwim certification and additional support/clinical staff
- For children in early intervention and up to Grade 1
- Maximum of 5 children in a group
- Held in a community location

COST:

\$66 per session

FUNDING:

- FFS
- HCWA
- NDIS - Please contact us for more information



BASKETBALL

The goal of the group is to work on beginning basketball skills including dribbling, passing, shooting and being part of a team. These activities also support the development of core strength, coordination, spatial and body awareness.

- 45 mins a week - school term only
- Staffed by an Occupational Therapist, and other support/clinical staff as required
- Children must be able to follow instructions and/or imitate adult modelling of actions in a small group setting
- Groups offered for:
 - Pre-school children
 - Grade Prep - Grade 2
 - Grade 3 - Grade 6
- Held in a community location

COST :

\$30 per session

FUNDING:

- FFS
- HCWA
- NDIS - Please contact us for more information



AUSKICK

The goal of this program is to provide an opportunity for children with Autism and their families to get involved in a footy program which supports their individual child's needs. Run by professional Auskick coaches with support from Irabina clinicians, It's a great activity for the whole family!

- 1.5 hours a week - 10 weeks from April-June (Footy season)
- Staffed by qualified coaches and staff members from Irabina. Parent involvement is an essential part of these sessions
- Training will be on Saturdays from 9.00am - 10.30am at Sasses Avenue Reserve in Bayswater

COST :

To be confirmed

PRIMARY SCHOOL SOCIAL CLUB

This program is for children with ASD or social communication difficulties attending Grades 3–6 at a mainstream primary school in 2017. It is an afternoon social and recreational program & will provide opportunities for positive social experiences for participants as well as opportunities for everyone involved to make new friends, engage in a range of recreational activities and, most importantly, have a whole lot of fun!

Activities include:

- Sports
 - Lego and team projects
 - Games
 - Music and drama
 - Art and craft activities
- 1.5 hours per week - school term only
 - For children in Grade 3 - 6

COST:

\$30 per session

FUNDING:

- FFS

ADOLESCENT YOUTH CLUB

The Youth Club is a space for teenagers aged between 13-15 or 16-18 to come together to experience a positive social environment and further develop their social skills. Activities include team games, cooking, movie nights, art activities and more. The group's interests and preferences guide the structure of each session.

These sessions are run by staff with training and experience in working with adolescents with ASD and/or social communication difficulties.

- 1.5 hours per week - school term only

COST:

\$30 per session



IRABINA
AUTISM SERVICES

For more information about other exciting
Irabina programs, services, workshops and
events, please visit

WWW.IRABINA.COM