

# GET THERAPY STARTED



## Skip the OT waitlist and start with a physio today.

With a shortage of occupational therapists, the quickest way to begin your therapy is with support from one of our physiotherapists.

**Not what you expected? These aren't your everyday physios!**

An Everyday Independence physiotherapist can bring about positive life changes similar to those an occupational therapist would. They can support you by:

- ▣ Assessing your abilities and identifying what limits your potential
- ▣ Working with an occupational therapist, speech pathologist, or behaviour support practitioner to plan strategies for your goals
- ▣ Overseeing your therapy team, which may include intensive bursts of therapy from an OT or other therapists, and routine and skills development by a habit coach
- ▣ Tracking and reporting on your progress in independence, well-being, participation, and supports
- ▣ Assessing and prescribing assistive technology.

## The Everyday Way we provide services

Everyday Independence therapists work in teams as it's the most impactful way to help you achieve positive change. Team support includes occupational, speech, and physiotherapists, habit coaches, and behaviour support practitioners. They guide individuals and families through goal setting, assessing abilities and barriers, and creating impactful and cost-effective therapy plans.

**With immediate support from our physiotherapists, you'll start seeing progress sooner than expected.**



# PHYSIO-LED STORIES OF IMPACT

## After Early Childhood Intervention: 9 – 11 years

Nine-year-old Kai\* has a genetic condition that makes it hard for him to communicate and causes learning difficulties. His family wanted to help him be more independent at home, play with his younger sister, and express his needs to others.

With the help of physiotherapist Sally, a habit coach, and input from a speech pathologist and an occupational therapist, Kai made progress towards achieving his goals.

Kai's parents were thrilled with his progress and are now excited to set new goals with him.

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## Getting Socially Ready For Secondary School: 12 – 14 years

Lou\*, now twelve, was diagnosed with autism at the age of six. Her parents wanted to help her become more independent at home and build confidence to handle teenage social life in high school.

Physiotherapist Lynne worked with an occupational therapist to create a plan tailored to Lou's

needs. They focused on her home routines, getting ready for school, and using public transport. With intensive support from a habit coach, guided by Lynne, Lou's independence and confidence improved significantly. This progress greatly reduced the anxiety of Lou and her parents about her transition to high school.

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## From School To Independent Adult Life: 16+ years and older

Seventeen-year-old Aysha\* is about to finish high school. Aysha faces challenges that impact her learning and physical abilities. Her mother was worried she might have to leave work to care for Aysha. She wanted support to explore Aysha's interests in theatre and music and find volunteer or paid work.

Physiotherapist Terry met with Aysha to evaluate her abilities and understand her goals. Working with an occupational therapist and a speech pathologist, Terry collaborated with Aysha's school to create a comprehensive plan that identified after-school opportunities.

Together, Terry and Aysha explored a dance and theatre group and an op-shop. Terry then arranged for a habit coach to help Aysha with four weekly shifts at the op-shop that helped determine the necessary supports for Aysha to volunteer long-term.

Now, Aysha's mother feels reassured that with NDIS funded support, she can continue working while Aysha volunteers full-time after leaving school.

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\*names have been changed due to privacy.



Get therapy started with a physiotherapist today by completing an online form.



everyday independence

[everydayind.com.au](http://everydayind.com.au)

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Monday – Friday, 8am – 6pm

