

Therapy Services

For adults (18+ years)





Why choose us?

- ✓ We are the largest Autism organisation providing services to people with Autism Spectrum Disorder and other related conditions from early childhood to adulthood.
- ✓ We have been providing services to families and the community for more than 45 years.
- ✓ We understand Autism Spectrum Disorder and know how to achieve the best outcomes for our families and individuals.
- ✓ Our therapy team has strong collaborative relationships with the education sector.
- ✓ Our therapy includes a trans-disciplinary team of Speech Pathologists, Occupational Therapists, Psychologists and Social Workers. One therapist is allocated as the key worker for the family.
- ✓ Therapy is delivered across home, school and community settings. Individual and group therapy sessions are also delivered from several locations including: Shenton Park, Midland, Joondalup and East Fremantle.

Therapy Services

Adult therapy services can be completed in a number of different settings; the home, community or one of our clinical centres.

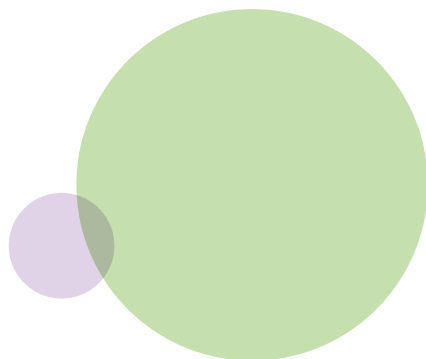
Each client enrolled into our adult therapy services will have access to a Key Therapist with an Allied Health degree, to work together towards individualised goals.

Some of the benefits to clients accessing our therapy and clinical services include:

- Support with physical and emotional well-being
- Developing a wide range of skills, including emotional regulation and independence
- Working with services to assist with employment opportunities
- Increasing opportunities to access the community
- Anxiety management and social skills training
- Opportunities to meet other people with an autism diagnosis

What services are available for adults accessing our therapy and clinical services?

- Individualised therapy
- Full assessment of skills
- Workplace visits and consultations
- Educational facility visits and consultations
- Transition from school planning
- Information and training sessions





It's all about you!

Our services for adults are individualised and designed to support you in achieving your goals.

Comprehensive assessment of areas can be completed if requested to identify your strengths and other areas to work towards. This is undertaken by one of our skilled therapists, who will support you on your way to achieving your goals.

We understand that all clients have different goals they wish to achieve across a variety of settings.

The goal is to identify your priorities and how we can work together to towards them. Some of these areas include:

- Support in tertiary education settings
- Anxiety management
- Social skills development and meeting new people
- Developing skills to catch public transport
- Comprehensive assessment and intervention of independence skills, such as cooking
- Assessment of self-care skills, such as teeth brushing and shaving
- Sensory processing
- Support in workplace settings
- Self-advocacy



Group Therapy Programs

Our group programs are set to develop identified skills, and make friends in a small group setting.
Each group is facilitated by experienced clinicians and support workers.

PEERS Group

PEERS is for adults interested in learning skills to make new friends and maintain friendships. Each session includes the opportunity to practise new skills that are taught in sessions.

Kitchen Masters

Kitchen Masters provides an opportunity to build independent cooking and social skills within a supportive environment. In each session participants will have the opportunity to cook a small meal and develop friendships with others.

Interest Groups

Opportunities for clients with similar interests to develop personalised groups. Typically not planned for and may develop based on the circumstances of others.



Specialist Therapy Services

Behaviour Support Services

If additional services are required to support with behaviour, our specialist behaviour support team is available. This support includes a complete assessment of the behaviour, and development of a behaviour support plan using a positive behaviour support program to personalise the plan to you or your loved one. In addition to this, behaviour support training can also be completed with family, and other supports.

Please note - this may be dependent on a behaviour support line item in your NDIS plan.

Specialist Communication Assessment

It may be identified that an individual will require specialist assessment for communication.

This is completed by a specialist team of speech pathologists, who will then put forward their communication recommendations.



Find out more

Adult Therapy Services are tailored to the needs of the family and/or the individual. Contact our team for more information.

Phone: 9489 8900
Email: therapyservices@autism.org.au
Post: Adult Therapy Services
Autism Association of WA
Locked Bag 2, Subiaco WA 6904

About the Autism Association of Western Australia

The Autism Association of Western Australia is the largest specialist lifespan organisation providing services to people with an Autism Spectrum Disorder in Australia. Services are best practice and based on leading international peer-reviewed research in the field of Autism.

The Autism Association has well established links both nationally and internationally.

Services include:

- Autism Advisors and family support for newly diagnosed children
- Transdisciplinary Early Intervention Services
- School Support Service and Therapy Services for school age children
- Therapy and Clinical services for adults with ASD
- Community Living Support: Shared and Individual Homes
- Short Breaks for Children (Respite Service)
- Individual Support Programs tailored to individual-needs, including Post School Options
- Employment Placement and Support Program
- Professional Development and Training Services
- State-Wide Consultancy Service
- Family Support



Call us: (08) 9489 8900
Regional: 1800 636 427



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