



# INDIVIDUAL SUPPORTS & THERAPY

A comprehensive range of therapy, education and support services to assist autistic people, their families and those working with them.

## TURN OVER

Learn more about our services >>

**Delivered at our centres across Queensland or statewide via Telepractice.**

**Autism Queensland supports people of all ages through responsive practice and advocacy in line with current research.**

Our therapy team has an expansive range of experience, skills, and certifications to best cater to the needs of people accessing our individual supports and therapy services. These supports and services are tailored to address the unique needs and goals of each individual, providing comprehensive and personalised support designed to improve quality of life.

Support areas may include behaviour, communication, sensory processing, motor and play skills, mealtime challenges, forming meaningful relationships, gaining employment, community access, toileting, anxiety, and daily living skills.

**AQ delivers the following individual supports and therapy services:**

- Speech Pathology
- Occupational Therapy
- Psychology
- Social Work
- Transition Supports
- Inclusion Supports.

We also offer group therapy, assessments, educational support, consultancy services, and specialised learning for autistic people of all ages, their families, and professionals.

You can access these services in person at one of our centres, via Telepractice, in your own home, or at an early childhood setting, school, tertiary institution or other community setting. Travel fees apply.

**Please note:** Available services may vary across AQ centres. Contact us to see if Telepractice is suitable/available for your service. Waitlists may apply.

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<p><b>Speech Pathology</b></p> <p>Our speech pathologists assist autistic and neurodivergent people with differences in communication and provide support to those who may experience mealtime challenges.</p>	<p><b>\$193.99/hour*</b> + 15 minutes of non face-to-face time per hour session.</p>
<p><b>Occupational Therapy</b></p> <p>Our occupational therapists facilitate the development and/or improvement of life skills. They provide autistic and neurodivergent people with alternative methods for performing tasks and modify environments to enable them to engage in their everyday activities.</p>	<p><b>\$193.99/hour*</b> + 15 minutes of non face-to-face time per hour session.</p>
<p><b>Psychology</b></p> <p>Our psychologists support autistic and neurodivergent people and their families to manage emotions, navigate relationships and attachment, develop social skills or address behaviours of concern. They can also conduct psychometric assessments.</p>	<p><b>\$222.99/hour*</b> + 15 minutes of non face-to-face time per hour session.</p>
<p><b>Social Work</b></p> <p>Our social workers provide support to autistic and neurodivergent people and their families by addressing various social, emotional and practical needs. They provide assistance in accessing resources, managing life transitions, improving relationships and coping with challenges. They also advocate for individuals' rights and well-being.</p>	<p><b>\$193.99/hour*</b> + 15 minutes of non face-to-face time per hour session.</p>
<p><b>Transition Supports</b></p> <p>A short-term program providing transitional support between educational stages (early childhood, Prep, primary, high school, tertiary and entering the workforce). We offer personalised planning, visits, resources and will help you build effective relationships with teachers and other professionals.</p>	<p><b>\$193.99/hour*</b> + 15 minutes of non face-to-face time per hour session.</p>
<p><b>Inclusion Supports</b></p> <p>Our therapists and educators work with childcares, kindergartens and schools to create inclusive environments for your child to successfully participate alongside their peers. We offer collaborative family-centred planning, resource development, professional training, parent coaching and provide inclusive strategies.</p>	<p><b>\$193.99/hour*</b> + 15 minutes of non face-to-face time per hour session.</p>

*Additional charges may apply for travel, report preparation, individualised resources and additional staff where applicable. NDIS funding may be used, if applicable. Private health insurance and Medicare may also be applicable.*

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# TELEPRACTICE

Research shows Telepractice can be as effective as face-to-face therapy, and in some cases even more effective.

Scan me



## What is Telepractice at Autism Queensland?

Telepractice is an AQ term used for the provision of individual supports and therapy services delivered remotely through the use of technology. Telepractice may also be known as teletherapy, telehealth, online therapy or video conferencing.

Telepractice allows clients to receive professional support from our speech pathologists, occupational therapists, psychologists, social workers and educators in any location with internet access.

## How does Telepractice work?

AQ Telepractice uses real-time video call sessions with our multidisciplinary team of professionals. It may also include pre-recorded videos, phone calls, online games, document collaboration, sharing computer screens, parent/carer coaching and other hands-on activities.

## Individualised Goals

Your practitioner will discuss how Telepractice can meet individual goals. They will help you choose or adapt goals to suit Telepractice, if needed, and explain which goals they can effectively support based on their clinical expertise and scope of practice.

**If you have a carer or support worker, they should join the session too.**

## Easy Setup

You will need a computer, tablet or smart phone with a working microphone, speaker and camera. You will also need access to reliable internet, Microsoft programs and a quiet space.

## Getting used to Telepractice

Transitioning from face-to-face to Telepractice may be a challenging process. During the initial session with an AQ practitioner it is important to discuss how therapy will evolve through the use of technology and practice navigating online tools and software. Clients may prefer not seeing themselves on screen; adjusting these settings may be part of the session. Our practitioners aim to make the transition stress-free using tools like 'what-to-do stories' and video modeling.

It is important to remember although online therapy is different to face-to-face therapy, it is equally effective.

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