



## Service Overview



# Individual Therapy & Supports

Autism Queensland (AQ) supports people of **all ages** through responsive practice and advocacy in line with current research. Our multidisciplinary team has an expansive range of experience, skills, and certifications to best cater to the needs of people accessing our services.

**AQ delivers the following individual therapy & support services:**

Speech  
Pathology

Occupational  
Therapy

Psychology

Transition  
Supports

Inclusion  
Supports

Telepractice

We also offer group therapy, diagnostic assessments, educational support, inclusion consultancy services, and customised training for autistic people of all ages, their families, and the professionals, communities, and organisations supporting them.

These 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.

**Statewide Delivery:** Available face-to-face at AQ centres across Queensland (centre services may vary), within the community (travel fees may apply), or statewide via Telepractice. Waitlists may apply.

### Speech Pathology (SP)

Our speech pathologists assist autistic and neurodivergent people with differences in communication and provide support to those who may experience mealtime challenges.

### Occupational Therapy (OT)

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.

### Transition Supports

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.



### Inclusion Supports

Our therapists and educators work with early childhood settings 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.

### Psychology

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.

#### Costs

**SP, OT, transition/inclusion supports:** \$193.99/hour\*

**Psychology:** \$222.99/hour\*

*\* Plus additional 15 minutes of non face-to-face time per hour session.*

**Please note:** Additional charges may apply for travel, report preparation, individualised resources, and additional staff where applicable. NDIS funding, private health insurance, and Medicare may be used (if applicable).

### What is Telepractice?

Telepractice is an AQ term used for the provision of individual therapy and support 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, and educators in any location with internet access. It may also include pre-recorded videos, phone calls, online games, document collaboration, screen sharing, and other activities. Our practitioners will help you choose or adapt goals to suit Telepractice (if needed) and advise which goals can be effectively supported based on their clinical expertise and scope of practice.

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



**Easy set up!** 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 Office programs, and a quiet space.

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/software. Clients may prefer not seeing themselves on screen by turning off the camera (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.**



Scan QR code to view other resources, services and supports offered by Autism Queensland.

**Autism Queensland is here to help—get in touch to learn more:**



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