



Service Overview



Individual Therapy Supports

We support 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



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 client, 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.

Available face-to-face at AQ centres across Queensland (centre services may vary), within the community (travel fees may apply), or statewide online via telepractice. Waitlists apply.

Speech Pathology

Our speech pathologists assist autistic and neurodivergent people of all ages and their families to achieve their communication and social participation goals.

Occupational Therapy

Our occupational therapists support autistic and neurodivergent people of all ages and their families to achieve their goals across daily skills and participation in meaningful tasks. Therapy may include the development of life skills, exploring alternative methods to perform tasks, and modifying environments to support engagement in everyday activities.

Transition Supports

Our consultants support autistic and neurodivergent people of all ages and their families with supports tailored to assist with any life transitions and changes (e.g. transitions between educational stages, starting or changing schools, entering the workforce etc). We offer personalised planning, visits, resources, and guidance to help smoothen the journey.

Inclusion Supports

Our consultants 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 for success.

Psychology

Our psychologists support autistic and neurodivergent people of all ages 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

Speech Pathology, Occupational Therapy, Inclusion/Transitions Supports: \$193.99/hour*
Psychology: \$252.99/hour*

***Please note:** Additional charges may apply for non face-to-face supports, travel, report preparation, & individualised resources 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 consultants in any location with internet access. It may also include pre-recorded videos, resource provisions, phone calls, online games, document collaboration, screen sharing, and other activities. Our professional staff 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,' video modeling, or other resources as needed.

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:



 **Email:** css@autismqld.com.au

 **Phone:** (07) 3273 0000

 **Website:** autismqld.com.au