



Benefits of Allied Health and Sensory Needs

How Allied Health professionals can help
work with individuals you support to
enhance their quality of life

Speakers and Special Thanks



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A very special thanks to our Allied Health colleagues who contributed to this presentation!

Overview – Tell Me What’s Happening!



- What is an Allied Health Professional
- How an Allied Health Professional can support individuals
- Types of Allied Health Professionals
 - What is their role?
 - How can they help?
 - Who might benefit?
- How to access the services of an Allied Health Professional
- Sensory Needs
 - What are Sensory needs?
 - Why do I need to be aware of sensory needs?
 - Who can help?

What is an Allied Health Professional?



We are health professionals with specialised expertise in the prevention, diagnosis and treatment of a range of conditions and illnesses to improve the health and wellbeing of individuals.

More specifically, within the NDIS, we work with individuals, their families and support workers to help achieve goals by providing diagnostic, technical, therapeutic and direct health services.

How can an Allied Health Professional help?



Diagnose a range of conditions, illnesses or disorders

- Assessment
- Observation
- Interview

Providing technical support and guidance

- Equipment prescriptions
- Assistive technology

Providing therapeutic support and intervention

- Consultations
- Individual and group therapy
- Workshops and training
- Therapy programs

Who are Allied Health Professionals?



- Arts Therapists
- Audiologists
- Chiropractors
- Counselors
- Dietitians
- Exercise Physiologists
- Music Therapists
- Occupational Therapists
- Optometrists
- Orthoptists
- Physiotherapists
- Podiatrists
- Psychologists
- Social Workers
- Speech Pathologists

Just to name a few!

Speech Pathologists



- What is a Speech Pathologist?

Diagnose and treat communication disorders including difficulties with speech, understanding and use of language, reading, writing, social skills, stuttering and using voice. Speech Pathologists also work with individuals who are experiencing difficulties swallowing food and drink safely.

- How can a Speech Pathologist help?

- Provide communication strategies for individuals with limited or no verbal language including the use and prescription of augmented or alternative communication devices
- The development and implementation of a meal-time management plan
- Providing advice, assessment and intervention of an individual's feeding and swallow function
- Intervention supporting an individual's ability to effectively communicate verbally and non-verbally
- Helping individual's speech to maximise their ability to be understood during conversation

Speech Pathologists



- Who might benefit from seeing a Speech Pathologist?
 - An individual who has difficulty communicating with others
 - Individuals with degenerative disorders
 - Individuals who are having difficulty swallowing or feeding
 - Individuals who have difficulty in social situations
 - Individuals who appear to not communicate
 - Individuals who have difficulty engaging and interacting with others

Occupational Therapists



- **What is an Occupational Therapist?**

Occupational therapists work to enable individuals to participate in the everyday activities of life, such as self-care activities including showering, dressing, preparing food; productive activities such as education and work; and leisure/social activities, such as being part of a community group, engaging in a hobby.

How can an Occupational Therapist Help?

- Supporting the development of fine motor (hand) skills
- Provide support for individuals to participate in daily living activities such as showering, dressing and driving
- Modification of individuals environments (e.g., home, work, school, community)
- The assessment, customisation and oversight of equipment provision to enable maximum use
- The use of a range of therapeutic interventions to enhance performance such as wound care management, techniques to enhance sensory, perceptual, and cognitive processing, and manual therapy technique skills

Occupational Therapists



- Who might benefit from seeing an Occupational Therapist?
 - An individual who has difficulty completing daily living activities
 - Individuals with degenerative disorders
 - Individuals who are having difficulty feeding
 - Individuals who have difficulty participating in social or community activities
 - Individuals who have difficulty using current home equipment
 - Individuals that appears to have difficulty processing sensory information in their environment – we will touch on this in more detail a bit later

Physiotherapists



- **What is a Physiotherapist?**

Physiotherapists work with individuals to treat a broad range of health conditions and movement disorders including mobility difficulties and musculoskeletal conditions as well as chronic health conditions such as diabetes.

- **How can a Physiotherapist help?**

- Tailoring exercises to improve individual's strength, movement and flexibility so they can achieve their movement goals
- To help individuals participate in physical activities, such as team sports that they are interested in, by overcoming their mobility challenges
- To help develop new motor skills and improve or maintain existing ones
- Conduct assessments to look at how someone moves around their home and community in their daily lives and provide recommendations to make this easier
- Prescribing mobility equipment to help people stand, walk or move around more easily or independently within their home, school or local community

Physiotherapists



- Who might benefit from seeing a Physiotherapist?
 - Individuals with difficulties mobility
 - Individuals with degenerative diseases
 - Individuals that require the use of mobility assistive equipment
 - Individuals that have difficulty and require support with seating and movement
 - Individuals that require advice on postural support

Psychologists



- **What is a Psychologist?**

A Psychologist is a professional trained in the science of how people think, feel, behave and learn. Psychologists provide assessment and therapy to individuals by offering support, advice and treatment to address an individual's issues and concerns.

- **How can a Physiotherapist help?**

- By work with individuals to help them recover and manage depression, anxiety, and other mental health issues
- To provide support and training to individuals families and support staff to address behavioural problems or challenges
- To facilitate ways of coping with emotions, change or transitions
- Assessment of intellectual functioning and capacity to consent
- Development of positive behaviour support plans

Psychologists



- Who might benefit from seeing a Psychologist?
 - Individuals with behavioural challenges
 - Individuals with a mental illness diagnosis
 - Individuals that have difficulty managing their emotions or self control

Where do I find an Allied Health Professional?



- NDIS website has a provider search function
<https://www.ndis.gov.au/participants/working-providers/find-registered-provider>
- Allied Health Associations search engines
- Disability Organisations
- Private Practice
- Talk with your GP
- Contact LAC or Support Co-ordinator

How To Access An Allied Health Professional?



You don't require a referral, just give them a call!

If the person you support is funded through the NDIS there are a few things you should consider;

- How is the individual you support funded?
- Have they got funding to access this service?

Confused who to refer too? Don't worry, sometimes it's really tricky for us too!

Sensory Needs



What do we mean by sensory needs?

Why consider sensory processing?

Sensory Needs



Sensory Seeking Behaviours

Sensory Avoidance Behaviours

Sensory Needs



Who can help?



Thank you.

DISABILITY SUPPORT WORKERS CONFERENCE

MADE POSSIBLE BY:

