



# THERAPY HUB

## Specialist Foster Care Program

Life Without Barriers has a multi-disciplinary therapeutic team, including psychologists, occupational therapists, developmental educators, art therapists and social workers who are all experienced practitioners in working with young people and children with significant and complex support needs who are placed in Specialist Foster Care with Life Without Barriers. This can include issues related to experiences of trauma and abuse, disability, and mental health issues in children and young people. In addition to the direct work with the young people, our team is also consulted with in regards to decisions regarding carer assessments, matching of carers with young people and ongoing placement support.

Our services are tailored to the individual needs of each child or young person we work with, helping them to address their needs including, but not limited to:

- Trauma behaviours
- Attachment issues
- Social skills
- Anxiety
- Oppositional behaviour
- Self-esteem and bullying issues
- Self-harm
- Suicidal ideation
- Sexualised behaviours
- Autism and other developmental disorders
- Intellectual Disability and learning disorders

Within this service we offer:

### Therapeutic Intervention:

We can provide evidence based therapeutic interventions for children who present with issues relating to their trauma experiences, abuse and neglect, attachment issues, developmental concerns and disability. This might also include some dyadic work with child and carer. We are able to work with carers one on one to assist them with placement stability through behavioural interventions and psycho-education. We are also able to engage with school and provide individualised training and support and develop individualised plans to help address behavioural issues at school. Our team works closely with other professionals involved in the child's life and are open to attending case conferences and liaising with the guardian.

### Therapy Connections:

We can provide training packages to suit the needs of carers in Specialised Foster Care. This includes trauma specific training such as Impact of Abuse and Neglect on Brain Development and Attachment in Children, Nurturing Attachments, Vicarious Trauma, Supporting Children who Self-harm and Understanding Problem Sexualised Behaviours.

### Art Therapy:

We can provide art therapy for children who have difficulty expressing their feelings verbally and require a safe place to explore their feelings, develop emotional regulation skills and better coping mechanisms through art. Each session is tailored individually for the specific needs of the child and might include relaxation, visualisations and mindfulness techniques to help them build self-soothing skills and resilience. No art skills are required.

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### ACCESSING OUR SERVICES

To make a referral to our service please discuss firstly with your manager and the Department of Child Protection case manager around the needs of the child or young person. We only accept referrals with Placement Support Manager endorsement. The completed Referral form should then be forwarded to our Therapeutic Lead.

### FEE FOR SERVICE

In addition to our listed services that are funded through our Specialist Foster Care program, children are able to access additional services on a fee for service basis. Our fee for service quote will be based on the scale and complexity of the therapeutic involvement.

Services available on a fee for service basis are:

### Therapeutic Assessments

We have a number of standardised assessments for children and are able to assess adaptive functioning, educational needs and learning disorders, developmental delays and Intellectual disability, social skills and mental health/behavioural concerns.

### Occupational Therapist Assessment and Therapy Services

Our Occupational Therapist is able to conduct assessments and provide therapy to enable the child's improved participation and independence in daily activities in areas such as:

- personal care
- mobility and movement
- sensory needs
- social skills and emotional regulation
- attention and concentration
- toileting, sleeping and eating concerns
- school readiness and community living
- Assistive technology and home modification needs.

### Behaviour Support Services

Our behaviour support service is a highly specialised intensive support intervention to address significantly harmful or persistent behaviours of concern. Our team can work with you to develop a Positive Behaviour Support Plan to address behaviours of concern. We adopt a positive approach to behaviour support and management, recognising that effective behaviour management strategies build on each person's strengths

and capacity to manage his or her own behaviour. Recommendations we make are based on a comprehensive biopsychosocial assessment including a functional behavioural assessment. We take a proactive positive approach to implementing behaviour support with the person's support network by providing carers and support workers with training around responding proactively with effective positive behaviour support strategies.

In addition to behaviour support, our team can assist children with disability with skill development and program planning in the areas of daily living skills, social skills, community engagement and emotional regulation. This would include development of protocols, visual resources and carer training.

### NDIS FUNDING

Life Without Barriers is a registered NDIS provider able to work with children requiring therapeutic support. If a child has a current NDIS plan which provides funding under "Improved Relationships" or "Improved Daily Living", the above assessment and therapy services may be able to be funded from the plan.

If you would like to make a referral or have a more detailed discussion about our service, please contact our Therapeutic Lead on:

P: (08) 8415 6928

E: [Vedrana.kopecki@lwb.org.au](mailto:Vedrana.kopecki@lwb.org.au)



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LIFE WITHOUT BARRIERS  
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