



# Therapy Assistant Program



# About the program

Sound Solutions Therapy Services is currently offering sessions for the Therapy Assistant Program.

These individualised programs will be developed by Sound Solutions Speech and Occupational Therapists. Sessions are available within the office, home and community settings to assist our clients in achieving their goals.

**"Growing Skills. Growing Projects. Growing Your Tribe"**







# Independent living skills

Age Group: 12 +

## Activities include:

- Cooking
- Shopping
- Ordering Meals
- Transportation skills
- Household tasks including washing, cleaning

These tasks make for a fun learning experience on the path to independent living. Skill growth includes but not limited to :

- Money management. Budgeting. Shopping. Self-care. Making appointments.
- Travel training. Road safety. Social skills. Household tasks. Communication. Motor Skills





# Arts & Crafts

**Age Group:** All ages

**Activities include:** Drawing, Painting, Craft, Mosaic, Tye Dying / Screen Printing the list goes on.

**A creative way for clients to adventure and express themselves.**

**Skill growth includes but not limited to:**

Self-expression. Creativity. Focus. Confidence.

Fine motor. Problem solving. Communication.

Follow directions. Stress relief.



# Active Groups

**Age Group:** All ages - 1 on 1 or in a group setting

**Activities include:** Bush Walks  
Kyaking  
Outdoor Sports  
Gym Program  
Yoga / Meditation  
Swimming

A great way for clients to explore  
the outdoors and new surroundings.  
**Skill growth includes but not limited to:**

Gross Motor Skills  
Team building  
Communication  
Focus  
Healthy Living



# Secret Agent Society

**Age Group:** 8 to 12

Crack the code of emotions and friendships

## Secret Agent Society (SAS)

Is a breakthrough social skills approach for 8 to 12-year-old children, with a range of different social and emotional challenges.

SAS has fun, espionage-themed resources and program that helps children learn how to feel happier, calmer and braver

## What Is Secret Agent Society?

Secret Agent Society (SAS) Small Group Program is an evidence-based, multimedia program to help children improve their social and emotional resilience. This breakthrough social skills approach is used with 8 to 12-year-old children with a range of social and emotional challenges. High functioning Autism, Asperger's, Anxiety Disorders, Attention Deficit Hyperactivity Disorder (ADHD), Anger management difficulties.

Other general challenges with friendships, team work, conversations or staying calm.





# Social Groups

**Age Group:** All Ages

**Activities include:**

Friendship/Relationship building  
Communication  
Co-operation

**Skill growth includes but not limited to:**

Communication  
Self esteem  
Boundaries  
Diversity  
Mental Health







# Adventure Excursions

**Age Group:** All Ages (age appropriate) (1 on 1 or group setting)

**Activity examples:**

Day trips – example Fraser Island, Morton Island.  
Go Carting. Rock Climbing. Laser Tag. Treetop challenge. Big Boing

**A fun way to access the community, for anyone who is up for an adventure. Skill growth includes but not limited to:**

Event planning. Money handling skills. Life skills. Transport skills. Fine & Gross Motor skills.

Team building. Communication. Healthy Living. Mental health.





# The Gardening Program

**Age Group:** All Ages (age appropriate) (1 on 1 or group setting)

**Activity examples:**

Propagate plants. Raise plants from seedlings. Create plant gift ware. Worm raising.

General yard duties – mowing, whipper snipping etc.

Attend monthly market stall where clients can be involved with the selling of plants, vegetables etc

**Skill growth includes but not limited to:**

Event planning. Money handling skills. Life skills. Transport skills. Fine & Gross Motor skills.

Team building. Communication. Workplace skills. Job preparation. Mental health.

**"Growing Skills. Growing Projects. Growing Your Tribe"**



# Monthly Groups

## For the Parents - Support Groups

A safe place to chat with parents and carers with similar circumstances. Parent to parent support. Therapist run behaviour and stress management.

## Movie /BBQ Night - Social Group

All ages social group outdoor movie night. A great way for kids to socialise and build confidence in a relaxed environment. Parents and carers can choose to stay or why treat your self to a relaxing evening out.

Be sure to keep an eye out for dates and other advertised events throughout the year.



# Book Now

**We can't wait to see our clients grow through this incredible program!  
To book or register your interest**

Email: [hannah@soundsolutionstherapy.com.au](mailto:hannah@soundsolutionstherapy.com.au)  
Call: 07 5476 2900

