



Your wait for professional, reliable assessments and therapy is over. It's time to Take Charge.





About Us

Take Charge Assessment and Therapy provide allied health assessment and therapy services at home and in the community from multiple locations across Australia.

Our services include:

- Individual and group therapy
- Functional and support needs assessments and programs
- Therapy plan design and administration

Our areas of professional expertise include:

- Occupational Therapy
- Psychology
- Physiotherapy
- Speech Pathology

Take Charge Service Elements

Take Charge provides therapeutic supports and assessment services to people with disability regardless of their age:



Support for children (0-7)

Take Charge delivers services to self-managed and plan-managed younger children using a multidisciplinary approach at home and in the community. Our comprehensive approach addresses resilience leading to measurable increases in a child and their family's well-being.



Support for people with disability (7-64)

Take Charge provides a wide range of therapy and assessment services. We deliver flexible support tailored to individual needs and preferences with a view to meeting NDIS goals and increasing independence in an equitable way.



Support for older people (65+)

Take Charge can deliver in-home, institutional, and community-based allied health services tailored to meet the specific needs of each individual in a privately funded setting or in partnership with My Aged Care providers.

Benefits to you

Take Charge is all about delivering on service promises, employing the best clinicians, taking the time to understand your situation, and simplifying the process.

You will receive responsive, quality service from us, including:

- You will be allocated to a Take Charge therapy team member with 3 business days of agreeing to a contract.
- You will be contacted to confirm your appointment with 24 hours of allocation within 24 hours of allocation.
- There will be regular contact with your referrer as part of our service.
- We ensure regular quality check-ins

Your journey with us

– 1 –
You contact us or are referred to us.

– 2 –
We complete the referral process and set up a service agreement with you.

– 3 –
We conduct a safe home visiting assessment.

– 4 –
We email you a welcome pack.

– 5 –
Your first appointment is booked.

– 6 –
Your allied health services start.

– 7 –
We ensure we check in regularly.

If you're new to the NDIS, here is a quick guide on the process

1

Prepare for your NDIS meeting

- Think about your future goals - what do you want your life to look like?
- What's worked well and what hasn't?
- Talk to your existing providers to find out what you need to meet your goals
- Think about all your needs, how you will coordinate services, select providers, manage finances as well as achieve your goals
- What is fair for your carers to provide and where do you need paid supports?
- Who do you want to have at your planning meeting?

2

The NDIA contacts you

- The NDIS is a gradual roll-out, so don't worry if you don't hear straight away
- You'll receive either a phone call or letter to organise a meeting for you with your Local Area Coordinator.

3

Communicate your needs

- Make sure your support person is able to come to your planning meeting.
- Be open and honest about what you really need help with
- Bring your pre-planning document with all your needs listed.
- Remember to consider your physical, mental and social needs.
- Meet with your Local Area Coordinator

4

Get your plan

- Keep an eye out for your letter via email or in the post.
- Instructions are in the letter to get onto the portal.
- Check the NDIA portal for your plan.

5

I have my plan! Now what?

- Call Take Charge for a confidential chat about your plan in relation to your therapy goals on 1800 TCTHERAPY (1800 828 437)



Occupational Therapy



Occupational therapists focus on a person's goals related to how that person occupies themselves in activities of everyday life. This may be by helping with ideas, training, equipment or changes to the environment so that the person can do what they need or want to do, each day.

Self care

Activities of daily living such as dressing, bathing, toileting, personal hygiene and eating and drinking.

Transport

Safety and comfort in travelling in a vehicle.

Environmental modifications

Changes to the home and environment

Positioning

Improve comfort, safety & body posture.

Leisure & recreation

Participation in leisure and social activities in the home and community.

Sensory processing

Helping a person to function to the best of their abilities, given their sensory needs for example, by adapting their environment.

Equipment

Provide information, prescribe & customise to suit the person.

Parent & carer education

Individual and group training for parents, teachers and other carers.



Psychology

Psychologists provide people with disabilities, families and systems with the tools to support them to live their best life. We promote behaviour change and good mental health to support people and enable them to safely access the community.

Assessment

Conducting assessment of a person’s cognitive and functional capacity. This may include IQ and adaptive behaviour assessments. We may also do assessments to support diagnoses of other disabilities or mental illness such as Autism Spectrum Disorder, Attention Deficit Hyperactivity Disorder, Anxiety Disorder and Depression.

Counselling

Counselling supports that can be adapted to suit the abilities of the person. These approaches may include cognitive-behaviour therapy, dialectical behaviour therapy and specific group programs.

Training

Training can be provided for the person and their system as part of their support to learn appropriate skills in the following areas: coping , emotion regulation, social and relationships, play and engagement and parenting.

We are able to provide training to parents, carers, schools, respite services and programs on assisting participants in the implementation of psychological plans.





Physiotherapy

Physiotherapists use an evidence based framework, with people and their support network to help them to achieve their goals and to lead their best life. They work closely with the person, their team of supports and all the people in a person's life to support them to function in all environments.

Movement and motor skills

- Learning to move.
- Moving for fun, function, fitness and health.
- Equipment prescription to support the person to move and to function.
- Return to function after the acute stages of injury or surgery.

Fitness, sport and recreation

- Being and staying active.
- Accessing physical activity opportunities in the community to support the person to lead an active and healthy life, to maintain their quality of life and address any barriers to physical activity.

Health promotion

- Assessment and management of muscle length and strength issues.
- Assessment and management of joint and spinal mobility and alignment.
- The management of their respiratory health.
- Healthy and active ageing.
- Falls risk assessment, falls prevention, and management.
- Pain assessment and management.



Speech Pathology

Speech Pathologists can help people who have trouble with their communication, eating and drinking. We can also run group training for parents, teachers and other carers and support staff.

Eating & drinking

- Helping with mealtimes.
- Making changes to food/drink to help people to swallow safely.
- Helping with eating a wider variety of food

Social Skills including play skills

- Waiting.
- Sharing and taking turns.
- Imaginative play e.g. dressing up.
- Starting and maintaining interactions.
- Making comments about what is happening.
- Re-starting an interaction when it suddenly stops.
- How to make friends.

Early communication skills

- Looking at people or things.
- Taking turns in interactions.
- How to listen, react and respond to others.



Speech sounds

- Making sounds
- Putting sounds together into words
- Speaking clearly

Understanding language

- Understanding what is happening.
- Understanding objects, signs, hand gestures, pictures and words.
- Understanding questions.
- Understanding instructions.
- Reading and writing.

Saying words

- Telling you what they want.
- Telling you how they feel.
- Telling you about their day.
- Asking for things (e.g. attention, items, action, help etc.).
- Asking questions.
- Making comments.

Voice and Fluency

- How loud you talk.
- What your voice sounds like.
- Talking smoothly (not stuttering).

Augmentative & Alternative Communication (AAC)

Using different tools to communicate other than spoken words (e.g. Key Word Signs, picture



tctherapy.com.au
1800 tctherapy (1800 828 437)