Ability **Options** Therapy services are always professional, reliable and focused on positive outcomes.

About Ability Options

We provide disability and employment services at 94 sites across the East Coast of NSW. We also operate in the Illawarra and Hunter Regions and have community partners on the Mid North Coast and Northern Beaches. Through personalised and responsive support, we help individuals achieve their goals, build their self-esteem and independence.

We pride ourselves in:

- assisting people to live in their own homes
- providing meaningful opportunities for inclusion in the local community
- offering work experience and employment opportunities, and
- connecting people to National Disability Insurance Scheme (NDIS) services

Get in touch

To discuss what supports you need and to explore the available options, please contact us for an informal review of your needs.

1300 422 454 abilityoptions.org.au

Sydney region: connectinghealth@abilityoptions.org.au

Hunter region: Northern.Intake@abilityoptions.org.au

AbilityOptions

Connecting you to **Therapy Services**





At Ability Options we offer a range of comprehensive therapy services to suit all ages, abilities and aspirations. Our services are designed to help you get the most out of your life. We support you to identify your individual goals and work towards reaching those goals.

We can offer

- personalised programs tailored to your needs
- develop goals with you and the people important to you
- develop an action plan about how we can best support you
- provide support and strategies to assist you to reach your goals
- work with you to measure your progress

Overview of our services

Ability Options comprehensive therapy services are offered through the NDIS, Medicare, our Employment Service and Fee for Service.

ndis

National Disability Insurance Scheme (NDIS) Services

- \checkmark Speech Pathology
- \checkmark Occupational Therapy
- ✓ Psychology

Vocational Support Services

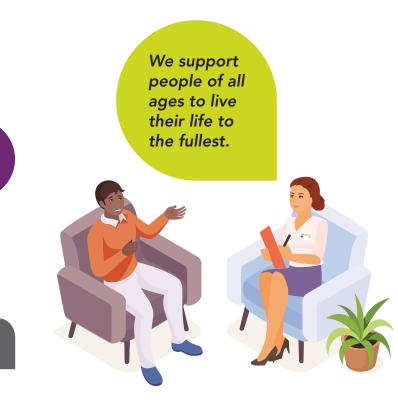
These services are offered to those linked with our Disability Employment Services and jobactive programs.







- \checkmark Counselling support
- \checkmark Vocational guidance
- \checkmark IQ (Intelligence Quotient) testing
- \checkmark Career planning
- \checkmark Assistance to manage stress and anxiety
- \checkmark Strategic goal planning
- \checkmark Confidence building strategies
- \checkmark Staff workshops Group workshops
- \checkmark Group workshops





Fee for Service

Our Therapy services also offer a range of fee for service options, for:

| Psychology and Counselling | Vocational support services |
|---|--------------------------------|
| Psychometric testing | Early Intervention |
| Nurses | |
| Workshop facilitation is available on request which cover topics including: | |

· Key Word Sign training

 \cdot Motivational interviewing

Services offered through face to face telehealth, Zoom, Skype and Phone