

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](http://abilityoptions.org.au)**

Sydney region:

[connectinghealth@abilityoptions.org.au](mailto:connectinghealth@abilityoptions.org.au)

Hunter region:

[Northern.Intake@abilityoptions.org.au](mailto:Northern.Intake@abilityoptions.org.au)

## 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, our Employment Service and Fee for Service.

### National Disability Insurance Scheme (NDIS) Services

- ✓ Speech Pathology
- ✓ Occupational Therapy
- ✓ Psychology
- ✓ Nurses
- ✓ Counsellors

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

### Vocational Support Services

These services are offered to those linked with Ability Options services and programs.

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

***We support people of all ages to live their life to the fullest.***



***A range of comprehensive therapy services to suit all ages.***



### 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:	
<ul style="list-style-type: none"> <li>· Key Word Sign training</li> <li>· Motivational interviewing</li> </ul>	