

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

About Ability Options

Ability Options champions everyone to achieve their goals. We create connection, opportunities, and access to the tools you need to unlock your potential. Our services highlight your right to choice, freedom, and purpose.

For more than 45 years, the people we support have been at the centre of our work.

- We generate employment opportunities that transform lives
- Offer support services that enable success
- Coordinate social activities that make real connection
- As well as specialised accommodation that offers a home and independence.

Ability Options supports you to live a life that is uniquely yours.

Get in touch

Contact us to discuss your goals. We are here to help you explore your options.

Northern.Intake@abilityoptions.org.au

1300 422 454
abilityoptions.org.au

Connecting you to Therapy Services



At Ability Options we offer therapy services to suit all abilities and aspirations.

We support you to identify your goals and work towards achieving them.

Our services help you to live your best life.

We offer a personalised approach to:

- Develop goals with you, and the people important to 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 services, or as a fee for service offering.

We currently service the following areas:

- Lake Macquarie
- Newcastle
- Maitland



Occupational Therapy (OT)

Occupational therapy enables you to participate in activities that you find meaningful. These activities can include taking care of yourself or others, working, volunteering, and participating in hobbies, interests and social events.

Some of our OT services include:

- Functional assessments to help you achieve your goals. The assessment works to determine your current level of input, what your strengths and areas for development might be and to identify any gaps that may need to be addressed.
- We can help you to build daily and community living skills as well as work ready skills
- NDIS Accommodation Assessments. Complete Individualised Living Options (ILO), Supported Independent Living (SIL) and Specialist Disability Accommodation (SDA) assessments
- Help you to access all types of low cost to complex assistive technologies
- Minor home modifications
- Complex Manual handling assessment and training.

***We tailor
your therapy
sessions to
help you reach
your goals!***

Speech Pathology

Speech pathology helps you to enhance and improve your communication - including understanding instructions and directions from others, and working on speech and voice abilities. It can also help if you have difficulty with swallowing.

We can help with:

- Swallowing assessments and meal time management supports
- Communication assessments and supports
- Training for communication partners
- Supporting communication during life changing transitions, especially leaving school or leaving home
- Support people to communicate with sign language, pictures or high technology devices.

