



SERVICE INFORMATION

Welcome to Balance to Bloom.

We believe that every child deserves the chance to thrive. Our team of dedicated therapists are committed to providing children and their families with the support they need to reach their full potential.

We understand that starting therapy can be overwhelming, which is why we offer a welcome package to all new families.

This package includes information about our services, helpful resources and contact information. We want you to feel supported from the very beginning of your therapy journey – if you have any questions, please give us a call or send an email.

We look forward to helping your child's potential bloom!



about us

Welcome to Balance to Bloom! We are thrilled to have the opportunity to work with you, your family and child. Our mission is to provide inclusive and family-centred therapeutic services to children between the ages of 2 and 18 in the Perth region. We understand that every child is unique and requires tailored solutions that work in everyday settings, so our services are dedicated to understanding your child and working together to find life-long solutions that fit your routines.

A bit about our history...

Balance to Bloom was created out of a need for inclusive and holistic family-centred services. After working with children and caregivers with complex needs, I realised that so many families were being left behind because they were being provided with one-size-fits-all therapy solutions that did not take into account family lifestyle, their routines, skills and knowledge. They were not being supported to find life-long effective solutions. So back in 2021, I came to the crazy idea to start a practice with no business experience but only the vision to meet children and their support networks where they are at. To build a generation of children living happy and fulfilling lives.

My goal is and has always been to meet families with empathy and share our knowledge and passion for child development. All our therapists are here to support your family to learn, grow and bloom.

Isabelle Nash

**OCCUPATIONAL THERAPIST
AND OWNER**

what to expect

All of our services are designed with your child and family in mind. Once we begin working together you will have received a set of goals and service agreement. These will guide your therapist in their planning and delivery and make sure everyone is on the same page.

Therapy sessions will look different dependent on your goals but generally you will notice our therapists working to grow your child's skills, practice their occupations (daily activities) and to coach you on effective strategies. We are working towards building lifelong skills so you will notice that we typically use play and a child's everyday occupations in our sessions.



Balance to Bloom prides itself on being a trauma informed and neurodiversity affirming therapy service. This means we are dedicated to providing a safe and supportive environment for our clients and tailor our approach to each individual's unique needs and experiences. We also recognise and celebrate the diversity of human experience, including neurodiversity, and strive to create a space that is inclusive and affirming for all. We believe that everyone deserves access to quality care, and we are committed to helping our clients achieve balance, grow and bloom.

Therapy Sessions - In-Person Supports

Some of the supports we may provide to your family include

- one-to-one therapy sessions with your child
- parent coaching sessions
- Professional Development for teachers, EAs and other care staff
- Advocacy at school, in disability systems and at medical appointments
- Attendance at meetings
- Co-treatment with other professionals

Therapy Services - Other Supports

Services such as report preparation, functional capacity assessments or extended resource preparation (for example a 4-week at home program) are billed at our usual hourly rate.

If you are ever charged a late cancellation fee we will use this time to complete other supports so as to reduce fees.

Your Therapy Timeline

While each child and family will require an individual therapy plan – Generally when starting therapy with Balance to Bloom, you will follow a similar timeline to the below outlined.

Introduction Session

Goal: To get to know your child and their support network, to understand your needs and how we can support you.

This 60–90minute appointment is a chance for us to get to know your family. Typically this appointment will take place at your house. We ask that, if your child is young, and it is possible, your child not be present for this appointment as we will be discussing many of their challenges.

Goals and Service Schedule

Goal: To provide a transparent plan and timeline for your child's therapy journey.

Once we have completed your initial session we will create an individualised intervention plan, including goal setting and service schedule which will help guide both you and your therapist during sessions. These will be sent out to you and our administration team will get in touch to book in your appointments after you have received these. If you have any questions or concerns about goals please don't hesitate to ask!

Intervention

Goal: To support your child and family to find strategies that work for you!

This stage of your timeline will look different depending on your child and family's needs. All our interventions aim to advocate, educate, collaborate, and coach every individual we meet to build their understanding of individual and collective children's needs.

What Next?

Goal: To support your child and you to become independent, grow and bloom.

We check in regularly to reassess your needs. At this stage we may adjust our goals, adjust your schedule or provide a home plan for your family to utilise strategies independently.

Appointment, Contact and Billing Information

Our service believes in meeting children and families in their natural environment. Currently all one-to-one services are provided in the home, school or community. Parent coaching may occur online. Group program location varies.

Appointment length will depend on your child. Generally we ask you to allow an hour for each session. Exact session times will be outlined by your therapist and may differ slightly dependent on your child's capacity on the day of the appointment.

Administration

+61 492 126 778

administration@balancetobloom.com.au

Administration is available Monday-Friday 8am-12pm for phone contact.

Administration may be available outside of these hours - however these are our regularly scheduled administrative support hours.

Feedback

+61 492 126 778

We love feedback as a means to improve our services. We regularly send out communication seeking feedback and welcome both positive and constructive feedback about our service and staff.



Appointment, Contact and Billing Information

Billing



Balance to Bloom offers services with various funding options including private, Medicare*, NDIS self and plan managed participants, and department of communities. If you have a question about funding, please contact us to discuss your options.



Initial Appointment	\$190
Ongoing Appointments	\$190
Non Face-to-Face	\$190
Travel*	\$190 p/h pro rata
Functional Capacity Assessment	\$1900
Other Assessment & Report	Varied
Group Programs	Varied

*Travel fees are dependent on funding source and travel required



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LOOKING FORWARD TO HEARING FROM YOU!