

Our Vision
Transforming children's lives

Our Mission
To help children flourish through
therapy and family support

Accessing our services

Families can contact us directly to access most of our therapy services. A referral from a doctor or other allied health professional is not required for our private services, but families need to meet eligibility requirements to access government funded programs.

Cost of services

The cost of service depends on the funding source, length and type of service required. Some therapy services can be partially claimed through Medicare if a referral for a GP / Team Care Arrangements Plan is made by a GP. Private health rebates may also apply. As a charitable organisation, the cost of Kids Are Kids! services are subsidised to be affordable for all families.

Payments and cancellations

Payment is required at the time of the service. Payment for assessments is required at the first assessment appointment. The assessment report will be released once full payment has been made. We require 24 hours notice for cancellation or rescheduling of appointments otherwise a 50% fee may apply.

Enquiries and appointments

We understand that the health system can be complex and we support families to understand which programs and services you may be eligible to receive. For further details about any of our programs or to discuss your child's difficulties and needs please contact us.

REACHING POTENTIAL TOGETHER

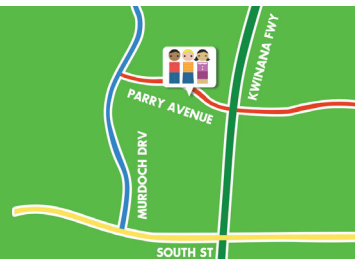
The Kids Are Kids! team is passionate about helping children and families.

Our dedicated team of qualified therapy professionals provide specialist therapy services including:



- Speech Pathology
- Occupational Therapy
- Physiotherapy
- Clinical Psychology
- Parent Workshops & Support

Kids Are Kids! is registered to provide supports for National Disability Insurance Scheme participants



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e: info@kidsarekids.org.au

Physiotherapy Services

www.kidsarekids.org.au

KIDS ARE KIDS!
THERAPY & EDUCATION CENTRE INC.



What is Physiotherapy?

Physiotherapy focuses on analysing movement and functional tasks. Physiotherapists work in conjunction with their clients to overcome and improve difficulties with movement that may have been present from birth.

Babies and children have their own unique needs and Paediatric Physiotherapy is a specialised area of Physiotherapy. Our Physiotherapists are experienced with working with children and paediatric conditions.

When difficulties occur, Physiotherapists can assess a child's strengths and difficulties and how this relates to their stage of development. Physiotherapists will work closely with your child, family, teachers and other health professionals to help infants and children meet developmental milestones and improve their strength, balance and co-ordination.

How Physiotherapy can help

Our Physiotherapists can assess and treat children who have difficulty with movement, co-ordination or posture. The reason for this may fall into three main areas:

- **Neurological:** Our Physiotherapists see children with complex neurological conditions, including Cerebral Palsy, acquired brain injury and neuromuscular conditions. The assessment will guide the treatment approach which may include gait retraining, strengthening and orthotic and equipment prescription.

- **Developmental:** Physiotherapy plays an important role for children who are not meeting milestones that are expected for their age. Examples of milestones include rolling, sitting, crawling and walking. Physiotherapy will promote the child's development and provide them with opportunities to practice and master their skills.
- **Orthopaedic:** Our physiotherapists are also able to see children with developmental orthopaedic concerns including;
 - Plagiocephaly: uneven head shape or flat spot on the back of their head
 - Torticollis: tightening of the sternocleidomastoid muscle, resulting in the baby having difficulty turning their head to one side
 - Postural variations including toe walking, in toeing and flat feet



Family Centred Approach

We are a family-centred practice, meaning that families are an integral part of the intervention team, and work with therapists to develop their child's skills together. This approach recognises the expertise of the family who knows their child's needs the best. The family and therapy team work together to set goals based on the family's objectives.

Identifying the need for Physiotherapy

You should see one of our physiotherapists if you have concerns such as:

- Your baby has a 'flat spot' on their head and or has difficulty turning to one side
- Your baby is not sitting by 9 months
- Your baby is not trying to stand up at furniture by 12 months
- Your baby is not able to walk by 18 months
- Your child has an unusual gait or foot posture
- Your child complains of pain with activity
- Poor sitting or standing posture
- Difficulty participating in physical activities at school and in the community
- Difficulty and clumsiness with running, jumping and or ball skills
- Frequent tripping or falling
- Toe walking
- Favouring one side of the body
- Low muscle strength/endurance/tone (often exhibited as poor sitting posture; or baby may feel floppy to hold)
- Joints feel stiff/high muscle tone.