





# Supporting the best outcomes for babies and children



Our holistic approach allows us to deliver high-quality services and support in four key life areas:

-  Physical and health
-  Learning and behaviour
-  Family, friends and fun
-  Access to your world

Whether it's one-on-one therapy, support for inclusion, school holiday activities or a gym group, we design bespoke programs around your child's unique needs and goals. So expect your child to have heaps of fun while we focus on developing their skills so they can participate in what's truly important – family, friends, fitness and their future.



**Cerebral Palsy**  
ALLIANCE

**MIND. BODY. BEST.**

**0-12  
yrs**



## A recognised global leader

A recognised global leader in early childhood intervention and development programs, CPA supports babies and children with cerebral palsy, autism, global development delay, muscular dystrophy, genetic syndromes and acquired brain injury.

Mind. Body. Best. is an approach informed by Cerebral Palsy Alliance Research Institute. It ensures that through our multidisciplinary evidence-based practice your child will have access to a team of therapy and learning experts who work together to address needs holistically.

## Making the most of the formative years

We know the first 12 years of life are critical in laying the foundations for all areas of learning, development and participation.

Research shows that for children with a disability or developmental delay accessing the right therapies and interventions as early as possible makes a big difference to their future.

Cerebral Palsy Alliance gives you a choice of more than 50 therapy and learning options which are tailored to the unique goals and needs of your child.

By the time your child reaches school age, their world is expanding. Our goal is to help them develop strong physical, behavioural and social skills so they can participate at school and in their community.

Your child deserves all the opportunities that all other children enjoy – and we are here to make that happen.



## Early Childhood Intervention

Make the most of your child's early years as their brain rapidly develops to form new neural pathways. Research-backed activities and learning experiences are the building blocks for your child's future and early childhood intervention is key.

You will have access to a diverse range of multi-disciplinary therapists and early childhood educators who are committed to your child and their progress. Together, we will find the best combination of therapies and small groups to meet your child's goals and maximise results.

Our early childhood intervention program is comprehensive, catering to children with a range of physical and neurological needs. Parent support and coaching is a feature of the program, giving you the support, skills and confidence to continue the learning at home.

*"We were worried when we found out Oliver has learning problems. CPA has early childhood teachers, psychologists and occupational therapists. They worked together to get him ready for school."*

Rachel, parent of Oliver, aged 5 years

## Intensive therapy programs

We offer individualised and group based intensive therapy programs that typically include 30 – 70 hours of one-on-one therapy over a two-three week period. Based on the principles of neuroplasticity and latest international research our intensive programs enable children to accelerate learning and skill development across a range of life areas.

Our intensive group programs include HABIT-ILE, for school age children, and MIGHTY Kids, for pre-school children, who experience challenges with fine and gross motor function. Using playful and engaging methods that will motivate your child these programs deliver results fast.

*"It's definitely worth it. I think the two week intensive is a good boot camp. The quantum kick of increasing their capabilities. It's a must do."* Richard, parent of Arran, aged 8 years.

## Holiday programs

School holidays are a time of fun and friends, so why not try a school holiday program? There is a huge range of activities to help your child learn or practice a new skill.

From technology to bike riding, the experiences are designed for maximum fun. Your child won't even realise they are receiving the latest interventions to build independence.

They'll also meet new playmates and develop skills for other areas of life. From one to five days, programs are held in school holidays. Sign up for news on our website to be alerted to events in your area.

*"Suravi attended a week long gym program for kids. She did yoga, sports and had lots of fun. Perfect way for her to make friends and build her skills."* Saura, parent of Suravi, aged 11 years.

## Movement – early years

All therapy sites across NSW and the ACT  
Individual and/or Group

0-6yrs

**NDIS plan:** Improved daily living skills  
Help your child to develop movement skills naturally through play. Celebrate as they reach their movement goals, in fun one-to-one sessions or with new friends in a group. We even have groups for the very youngest babies and their parents.

*Suitable for babies and children with cerebral palsy, autism, global development delay, muscular dystrophy, genetic syndromes and acquired brain injury.*

## Feeding and meal times

All therapy sites across NSW and the ACT  
Individual and/or Group

0-12yrs

**NDIS plan:** Improved daily living skills

Enjoy family mealtimes with specialised support for your child's swallowing problems, saliva control or difficulty managing utensils. Therapists offer support and advice on all aspects of feeding, eating, drinking, positioning and nutrition.

*Suitable for babies and children with cerebral palsy, global development delay, muscular dystrophy, genetic syndromes and acquired brain injury.*

## Movement – school years

All therapy sites across NSW and the ACT  
Individual and/or Group

7-12yrs

**NDIS plan:** Improved daily living skills  
Build on your child's early movement development to help them participate in activities throughout their school years. Whether it's specialised therapy to develop fine motor skills for classroom activities or gross motor skills for the playground, the program can be tailored to meet their goals.

*Suitable for children with cerebral palsy, autism, global development delay, muscular dystrophy, genetic syndromes and acquired brain injury.*

## Dental Clinic

Allambie Heights  
Individual

2+yrs

**NDIS plan:** None (Free)

A free dental service for people with a disability.

*Suitable for children with cerebral palsy, global development delay, muscular dystrophy, genetic syndromes and acquired brain injury.*

## Communication

All therapy sites across NSW and the ACT  
Individual and/or Group

0-12yrs

**NDIS plan:** Improved daily living skills  
Every child has something to say. Access the proven clinical interventions and communications activities that will set your child up for life at home, preschool and school.

*Suitable for babies and children with cerebral palsy, autism, global development delay, muscular dystrophy, genetic syndromes and acquired brain injury.*

## Fitness and sport

Various therapy sites across NSW & ACT.  
Individual and/or Group

6+yrs

**NDIS plan:** Improved health & wellbeing; Increased social and community participation

A healthy active life starts in childhood. Your child will be supported to participate in their choice of activity – in the gym, court, sports field or pool. Programs include bocchia, soccer, aquatic exercise, netball, kids' gym, or one-on-one coaching or support at your local venue.

*Suitable for children with cerebral palsy, autism, global development delay, muscular dystrophy, genetic syndromes and acquired brain injury.*

## Cognition and learning

Various therapy sites across  
NSW & ACT  
Individual and/or Group

0-12yrs

**NDIS plan:** Improved daily living skills

Attention, memory and thinking skills are critical foundations for lifelong learning. Therapists and educators have a program to suit your child, including cognitive support development, interactive reading and play skills therapy.

*Suitable for babies and children with cerebral palsy, autism, global development delay, muscular dystrophy, genetic syndromes and acquired brain injury.*

## Sleep

All therapy sites across  
NSW and the ACT  
Individual

0-12yrs

**NDIS plan:** Improved daily living skills; Improved relationships

Give your child and the whole family a good night's sleep. Whether your child's sleep difficulties are due to behaviours or discomfort in bed, therapies are goal-specific to ensure you get results.

*Suitable for babies and children with cerebral palsy, autism, global development delay, muscular dystrophy, genetic syndromes and acquired brain injury.*

## Social and behaviour

Various therapy sites across  
NSW  
Individual and/or Group

0-12yrs

**NDIS plan:** Improved daily living skills; Improved relationships

Help your child to feel comfortable in social situations, understand their emotions and learn how to overcome specific behaviour issues. Set them on a new track with social skills development and positive behaviour support interventions that really make a difference.

*Suitable for babies and children with cerebral palsy, autism, global development delay, muscular dystrophy, genetic syndromes and acquired brain injury.*

## Preschool and school transition

All therapy sites across  
NSW and the ACT  
Individual and/or Group

0-12yrs

**NDIS plan:** Improved daily living skills

Assist your child to enjoy learning and their whole experience at day care, preschool and school, with individual and group programs. School readiness groups help your child develop the skills they need to successfully transition to school. There's also one-on-one advice for you and the preschool or school before and during your child's attendance.

*Suitable for babies and children with cerebral palsy, autism, global development delay, muscular dystrophy, genetic syndromes and acquired brain injury.*

## Self-care skills

All therapy sites across  
NSW and the ACT  
Individual and/or Group

0-12yrs

**NDIS plan:** Improved daily living skills

It's wonderful to see a child grow in confidence when they achieve everyday tasks, like dressing, eating and toileting. Your child can join a group or have one-on-one therapy to help them gain greater independence, right into their school years.

*Suitable for babies and children with cerebral palsy, autism, global development delay, muscular dystrophy, genetic syndromes and acquired brain injury.*



# Access Your World

## Technology, aids and equipment

All therapy sites across NSW and the ACT

Individual

0-12yrs

**NDIS plan:** Improved daily living skills; Assistive technology

There are thousands of products that make it easier for children with a disability to participate in everyday life. You'll have support to guide you through the maze, with recommendations for the ones that will work for your child and family.

*Suitable for babies and children with cerebral palsy, autism, global development delay, muscular dystrophy, genetic syndromes and acquired brain injury.*

## Vehicle modifications

All therapy sites across NSW and the ACT

Individual

0-12yrs

**NDIS plan:** Improved daily living skills

Ensure your child travels safely and comfortably with advice on vehicle modifications and car seats to suit their special needs.

*Suitable for babies and children with cerebral palsy, global development delay, muscular dystrophy, genetic syndromes and acquired brain injury.*

## Environmental modifications

All therapy sites across NSW and the ACT

Individual

0-12yrs

**NDIS plan:** Improved daily living skills

The right modifications will help your child access their world. At home, child care or preschool, there are ways to adapt the environment so they can be included in every activity with friends and family.

*Suitable for babies and children with cerebral palsy, autism, global development delay, muscular dystrophy, genetic syndromes and acquired brain injury.*

## Support coordination

Various therapy sites across NSW & ACT

Individual

0-12yrs

**NDIS plan:** Coordination of support

Find the help you need to navigate through the service system and make the choices that best suit your child and family. Get the best from your NDIS package with support from experienced staff.

*Suitable for babies and children with cerebral palsy, autism, global development delay, muscular dystrophy, genetic syndromes and acquired brain injury.*

## Mobility, seating and walking aids

All therapy sites across NSW and the ACT

Individual

0-12yrs

**NDIS plan:** Improved daily living skills; Assistive technology

Let's get your child moving as early as possible with advice on custom strollers, walkers, or powered mobility. There are some great new ways for even the youngest children to get around comfortably and safely. Enjoy seeing them explore and join in the fun!

*Suitable for babies and children with cerebral palsy, global development delay, muscular dystrophy, genetic syndromes and acquired brain injury.*



## Family, Friends & Fun

### Family support and counselling

Various therapy sites across NSW  
Individual and/or Group

All

**NDIS plan:** Improved relationships

Access a range of supports to help you in your parenting and caring role. Services for parents and carers includes counselling, Stepping Stones 'Triple P' programs, coaching or emotional support, siblings' days, and parent wellbeing check-in.

*Suitable for babies and children with cerebral palsy, autism, global development delay, muscular dystrophy, genetic syndromes and acquired brain injury.*

### School holiday programs

Various therapy sites across NSW & ACT  
Group

2-12yrs

**NDIS plan:** Improved daily living skills

Many group programs are run in school holidays. Your child will learn and practice new skills in a fun way, as well as making or reconnecting with friends. Session lengths vary - from one day to intensive five+ days. Check our website for programs in your area.

*Suitable for children with cerebral palsy, autism, global development delay, muscular dystrophy, genetic syndromes and acquired brain injury.*



## CP Extras

### CP Check Up™

All therapy sites across NSW and the ACT

Individual

0-12yrs

**NDIS plan:** Free to CPA clients with Cerebral Palsy

CP Check-Up™ is a two-hour regular check-up service, exclusive to Cerebral Palsy Alliance. It's designed to identify and help prevent the many common conditions associated with cerebral palsy, such as musculoskeletal complications, pain, sleep and behaviour difficulties. It's reassuring to know that our team of holistic experts are monitoring your child so any problems can be addressed quickly.

*Suitable for babies and children with cerebral palsy.*

Call us today 1300 888 378

## SYDNEY

<b>Allambie Heights</b>	187 Allambie Rd, Allambie Heights, NSW 2100 (02) 9975 8000
<b>Kingswood</b>	Western Sydney University, Building G, Second Ave, Kingswood, NSW 2751 (02) 4736 8722
<b>Penshurst</b>	469 Forest Rd, Penshurst, NSW 2222 (02) 9586 1077
<b>Prairiewood</b>	224-244 Restwell Rd, Prairiewood, NSW 2176 (02) 8777 1777
<b>Ryde</b>	3A Smalls Rd, Ryde, NSW 2680 (02) 8878 3500

## NSW HUNTER & CENTRAL COAST

<b>Croudice Bay</b>	61 Parklea Ave, Croudice Bay, NSW 2280 (02) 4979 4333
<b>East Maitland</b>	18-20 Day St, East Maitland, NSW 2323 (02) 4939 4100
<b>Tuggerah</b>	6 Teamster Close, Tuggerah, NSW 2259 (02) 4356 6300

## NSW REGIONAL

<b>Alstonville</b>	96 Main St, Alstonville, NSW 2477 (02) 6628 5976
<b>Armidale</b>	124a O'Dell St, Armidale, NSW 2350 (02) 6772 0978
<b>Dubbo</b>	140 Gipps St, Dubbo, NSW 2830 (02) 6882 1077
<b>Nowra</b>	51 Plunkett St, Nowra, NSW 2541 (02) 4423 6244
<b>Orange</b>	95 Prince St, Orange, NSW 2800 (02) 6360 1455
<b>Port Macquarie</b>	77 Lake Rd, Port Macquarie, NSW 2444 (02) 5526 3800
<b>Wagga Wagga</b>	38 Murray St, Wagga Wagga, NSW 2650 (02) 6921 9743

## ACT

<b>Scullin (main site)</b>	5 Ross Smith Crescent, Scullin, ACT 2614 (02) 6199 0600
<b>Flynn</b>	Flynn Preschool, Headland Circuit, Flynn ACT 2615 (02) 6199 0600
<b>Gilmore</b>	Gilmore Preschool, Heagney Crescent, Gilmore ACT 2905 (02) 6199 0600

 1300 888 378

 [cerebralpalsy.org.au](http://cerebralpalsy.org.au)

 [ask@cerebralpalsy.org.au](mailto:ask@cerebralpalsy.org.au)

  
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