



OCCUPATIONAL THERAPY

NEW SENSATIONS

SENSORY MODULATION WORKSHOPS



WORKSHOP
ELIGIBLE
UNDER
THE NDIS

New Sensations is a one day workshop followed by an hour individual therapy session. The workshop will introduce participants to Sensory Modulation and the individual session will adjust these strategies to meet their specific needs.

What is Sensory Modulation?

Sensory Modulation is an evidence based practice which can improve the way people feel or function by using their senses. It can help people to self-regulate when facing challenging moods, emotions, thoughts and feelings, especially when talking or thinking strategies may be difficult. Sensory modulation offers a strengths based approach to support participants to perform important day to day activities and tasks.

Why? What are the benefits?

Learn strategies to:

- improve mood
- manage stress
- feel calm and relaxed
- feel alert and focused
- feel more motivated to get things done

Come along to this practical and interactive workshop to build skills, knowledge and confidence in using senses including familiar ones (sight, sound, smell, taste, touch) and the hidden ones (movement and pressure) to manage daily life. Recommendations from the workshop can also be shared with mental health workers and/or carers to assist participants to implement and maintain sensory strategies in their daily lives. Sensory tools will be provided to explore during the group and some small sensory items will be provided to take home as part of a sensory kit.

How much does it cost?

One day workshop from 9.30am - 3.00pm

\$387.96* per participant

One hour individual follow up session with an Occupational Therapist

\$193.99*

*These costs have been calculated according to the current NDIS Price Guide.

Who can join?

Workshops are available to NDIS participants with improved daily living skills funding.

Where is it offered?

- Ipswich, Brisbane South and North
- Toowoomba
- Wide Bay
- Gold Coast and Sunshine Coast



www.rfq.com.au

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Recovered Futures - Mental Health Recovery and Wellbeing