

SENSORY SPLASH

AQUATIC OCCUPATIONAL THERAPY

1-on-1 sessions are run by one of our Northcott Occupational Therapists and focuses on water familiarisation and safety, sensory exploration and play, and social skill development for all ages.



BENEFITS OF AQUATIC THERAPY

- Buoyancy of water provides supported weight bearing, improving mobility, strength, and balance
- Provides a safe sensory environment, regulating excitement and anxiety
- The underwater pressure can soothe muscle and joint pain
- Provides environment for social interaction and play engagement



Where: Various aquatic centres across the Sunshine Coast

What to bring:

- Swimwear (feel free to jump in yourself!)
- If needed, waterproof nappies/continence aids (available to buy at kiosk)
- Communication aids (if applicable)
- Favourite bath toys! (we will provide toys but this can help with transitioning)

**ASK YOUR THERAPIST
TODAY OR CONTACT US
WITH ANY QUESTIONS**

SESSION TIMES ARE LIMITED



Kon-Tiki Business Centre, Tower 2, Level 3, 55
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