

# SENSORY SPLASH

Aquatic

Occupational

Therapy

1-on-1 sessions are run by a Northcott Occupational Therapist and focuses on water familiarisation and safety, sensory exploration and play as well as social skill development for all ages.



## Benefits of Aquatic Therapy

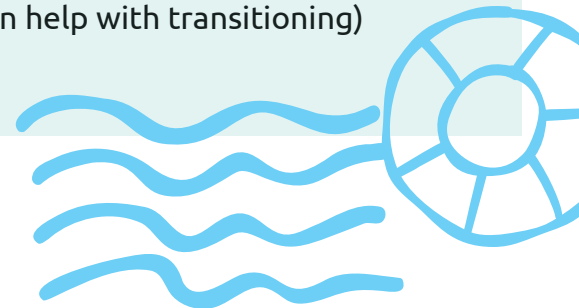
- ✓ Buoyancy of water provides supported weight bearing, improving mobility, strength, and balance.
- ✓ Provides a safe sensory sensory environment, regulating excitement and anxiety.
- ✓ The underwater pressure can sooth muscle and joint pain.
- ✓ Provides environment for social interaction and play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



## For more information contact:

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Session times are limited.

 [northcott.com.au](http://northcott.com.au)

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Let's see what you can do

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