

COASTAL CONFIDENCE

Inclusive Beach Safety

Beach and ocean safety programs for children with disabilities teach essential skills like understanding tides, currents, and safety signs in a supportive, sensory-friendly environment. These sessions, run by an occupational therapist, build confidence and awareness, empowering children and families to enjoy the beach safely.



Benefits of Beach Therapy

- ✓ **1-on-1 sessions** provide tailored education on essential beach safety practices before the child enters the water.
- ✓ Provides a safe sensory environment, regulating excitement and anxiety.
- ✓ Parent inclusion can assist with the continual development of safety.

Details

- ✓ Sessions will run at protected beaches across the Sunshine Coast to ensure a safe learning environment.
- ✓ Pre-session swimming and environmental risk assessments are completed by our aquatic OT prior to commencement of the program.
- ✓ **NDIS funding can be used**

For more information contact:

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