



## Youth Plus Adolescent and Adult Therapy

Registered  
NDIS  
Provider

**Your goals are our focus as we deliver evidence-based therapy, specifically tailored to meet your needs and promote your independence**

**Youth Plus is a specialised program dedicated to supporting young people with developmental disabilities as they transition through adolescence and into adulthood. The program is designed to develop and maintain skills that ready each person to live their best life.**

Our multidisciplinary team includes occupational therapists and speech pathologists with extensive clinical experience working with adolescents and adults with autism spectrum disorder, intellectual disability and other developmental disabilities.

With a focus on young people aged 12-25 years, the Youth Plus team is passionate about helping young people with disabilities navigate this important time as they strive to achieve what they need or want to do in their lives.

*Please note that this service is currently only available in the Geelong and Barwon regions, which includes the Surf Coast and Colac Otway areas.*

# Youth Plus Adolescent and Adult Therapy



## Occupational Therapy

Occupational Therapy can help adolescents and adults with disabilities develop and maintain skills to improve their quality of life at home, school and in the workplace. The overall goal is to support people to become as independent as possible. Our team can help with:

- Independent living skills assessments and planning,
- Transitioning to employment,
- Social understanding, emotional regulation and complex behaviour support,
- Addressing sensory processing challenges,
- Assessment reports, equipment prescriptions, customised resource development,
- Basic home modifications, community access, risk assessment,
- Family/carer training and education,
- Cognitive and executive functioning challenges such as time management, organisation, initiation and self-direction
- Customised therapy programs,
- Routines, organisation and self-management support,
- Life transition support, such as school and accommodation transitions,
- Collaborative Care Team planning,
- Puberty and sexuality support,
- Mental health wellbeing and resilience building,
- Develop and maintain skills to prepare participants for the workplace and improve their quality of life.



## Speech Pathology

Speech pathology can support adolescents and adults with disabilities to improve their ability to communicate with people in their life, form and maintain relationships and improve their function in day-to-day life. Therapy guides people to better understand and interpret verbal and non-verbal communication. The Youth Plus team can help with:

- Speech, language, social skills and mealtime management,
- Support to overcome communication barriers through alternate and augmentative communication supports (AAC), assessment and therapy,
- Assessment reports, interpretation and referrals,
- Completing funding applications for communication devices,
- Strategies to support comprehension difficulties and develop expressive language,
- Training and support to families, carers and staff within a home, educational or work place setting,
- Group therapy.

## Additional Services

The Youth Plus Team's passion and experience working with these young people and their diverse needs enables us to offer additional services including:

- Accommodation transition support,
- Independent living skill assessments,
- Equipment prescription and assistive technology to aid independence and communication,
- Group programs to support transition to secondary school.

We also have access to our parent support groups providing valuable peer support for parents and carers of young people with disabilities.

## Our Mission

Gateways Support Services' mission is to empower and support children and adults who have a disability and their families to maximise their quality of life, potential and positive relationships. We also build knowledge in communities to enrich their understanding and active embrace of people with disabilities.



Gateways is an NDIS and DHHS registered disability service provider, with quality accreditation.