Occupational Performance Coaching (OPC) Information Sheet

Helping you achieve meaningful goals for your family.



Would you like everyday routines, such as getting dressed, mealtimes, getting ready for school or joining in family activities to feel a little easier?

Occupational Performance Coaching (OPC) is an evidence-based parent coaching program that helps you develop practical strategies to support your child's participation in everyday life.

You'll work one-on-one with an experienced CliniKids occupational therapist to set goals that matter to your family, build confidence and discover solutions that fit your family's unique routines and priorities.

60-minute sessions, either weekly or fortnightly

One-on-one coaching with an OT

In-person at our Subiaco or Joondalup clinics, or online via Telehealth

OPC is suitable for parents and caregivers of children aged 0–9. Your child does not attend sessions.

Improve your family's everyday life

Your goals will be individual to your family. OPC can support you to work towards improving everyday activities and routines that are important to you.

This might include supporting your child to participate more independently in routines such as getting dressed, mealtimes, morning routines or other activities at home and in the community.

What to expect with OPC

Your OT recognises that you are the expert on your own child. Together, you'll:

- Identify goals that are meaningful to your family
- Explore what's helping and what's getting in the way
- Consider different strategies and approaches
- Develop practical solutions that suit your family
- Agree on actions to try between appointments
- Reflect on what's working and adjust your plan as your goals evolve

Who is OPC suitable for?

Many families accessing OPC have a child with autism, developmental delay or other developmental support needs, however, support is based on your child's individual strengths, goals and needs rather than diagnosis alone.

What does the research say?

Studies show that OPC improves occupational performance for children with autism, while boosting parent self-efficacy and self competence.



CliniKiDS
Research into Practice

The KIDS RESEARCH INSTITUTE AUSTRALIA

About CliniKids

CliniKids is The Kids Research Institute Australia's first clinical service, providing therapies and supports for young children with autism and developmental delay. The Kids is one of Australia's largest paediatric medical research institutes. At CliniKids, our team of world-class researchers and experienced clinicians work in collaboration to bring research into practice.

NDIS Funding

OPC can be accessed privately or through the NDIS. CliniKids is a registered NDIS provider.

More info:

Scan to learn more about OPC the extensive research behind this program.

Interested?

Scan to fill in the enquiry form.

Contact:

Phone us on 08 6319 1133 or email clinikids.reception@thekids.org.au and one of our **Client Support Officers** will be able to assist you.

