



# ALLAY

OCCUPATIONAL THERAPY

**Allay specializes in occupational therapy to help you overcome life's challenges and realize your individual potential.**



**At Allay Occupational Therapy, we provide assessment and intervention to improve health and disability conditions, to return to optimum level of function.**

**We hold the aim of improving your quality of life in roles at work or study, managing self or the home, relationships and connection with your community.**

**1.**



**Is health impacting your everyday?**

Health and disability can effect your every day and limit your potential. It can effect your capacity to live a fulfilling life.

Allay understands that participation in meaningful and satisfying occupations creates a sense of balance, self-esteem and achievement.

Allay Occupational Therapy supports everyone from late childhood through to older adulthood, in the clinic or at home.

Experiencing:

- Depression,
- Anxiety,
- Psychosis,
- Personality disorder,
- Drug and alcohol misuse,
- Adjustment disorder,
- Autism spectrum disorder, or
- Intellectual disability.

**2.**

**Who may benefit?**

Phone, email or fax referrals.

Allay is registered via:

- Care Plans from your GP. Better Access to Mental Health, Chronic Disease Management and others.
- NDIS provider.
- Private Health Insurance.
- Worksafe.
- TAC.
- DVA.
- Discounts for health care cards.

**3.**



**Referral pathways:**

**4.**

**Initial session and goal setting.**

Within your first session we discuss how and why you have come to Allay, both at that moment and informed by your life journey.

Meaningful, targeted goals can then be made for your therapy, including frequency and quantity of sessions.

We will explore the interaction between occupations with emotions, thoughts and behaviours.

Therapies:

- Cognitive Behaviour Therapy,
- Functional skills training,
- Case Management,
- Mindfulness,
- Social skills training,
- Relationship effectiveness,
- Harm minimisation, and others.

Assessments:

- Everyday living skills,
- Sensory Modulation,
- Workplace or schools,
- Social skills, and others.

**6.**



**Communication to your GP and others.**

The network you form between your GP, other agencies, family and friends is integral to fostering a meaningful and healthy life pattern.

Allay will communicate regularly with identified supports to ensure best possible care.

Allay supports you in the aim of improving your quality of life in your roles at work or study, managing self or the home, relationships and connection with your community.

Therapy is an individualized process, therefore we seek your feedback throughout to ensure we are providing the best care.

**7.**

**Outcomes and evaluation.**



**5.**

**Therapy - assessment and intervention.**

## LAUREN HAMILTON

As an occupational therapist, I have focused my career on supporting people with issues in their mental health and wellbeing. I have a particular interest in functioning, sensory processing and social interaction. As I know that the therapeutic process is unique to each individual, I ensure that I remain flexible in providing personalized options for supporting recovery.

- Registered with AHPRA.
  - BOccTh. BPsychSc.
- Member of Occupational Therapy Australia.  
Convener of the Mental Health Special Interest Group.



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