



INTENSIVE THERAPY INFORMATION SHEET

Helping your child reach their goals through focused, fun, and supportive therapy.

At Therapies for Kids (TFK), we're proud to be Australia's original intensive therapy clinic for children with disabilities and developmental delays. With over 15 years of continuous service, we bring experience and proven expertise to the families we support. Our Intensive Therapy Programs (ITPs) help children make meaningful progress by providing frequent, structured sessions designed to meet their individual needs.

What Is Intensive Therapy?

An intensive program means therapy sessions happen more often — usually daily — for a short, focused period (for example, 2–3 weeks). This approach builds neuroplasticity (your child's brain's ability to learn new skills) and helps children reach goals like:

- Learning to walk, climb, or ride
- Improving communication and speech
- Building coordination, balance, and fine motor skills
- Gaining independence in play, feeding, or dressing
- Increasing confidence and participation in everyday life

Therapy is always fun, motivating, and play-based — we make sure your child enjoys learning while working hard toward their goals.



Who Is Involved?

Your child's program may include Physiotherapy, Occupational Therapy, Speech Pathology, Exercise Physiology, and Allied Health Assistant support. Each child has a transdisciplinary team — meaning therapists work together to help your child achieve their goals in a consistent, coordinated way.

Planning Your Intensive

If your child already sees TFK therapists: You'll have a pre-planning session with your usual therapist to review your child's current goals, strengths, and supports. They'll hand over to the intensive therapist to ensure consistency and focus.

If your child is new to TFK: You'll be asked to provide recent therapy reports or videos, and book a telehealth planning session with the Lead Intensive Therapist. This helps us design a program tailored to your child's abilities and needs.

For children under 9 years, we may recommend a Key Worker Model, where one therapist coordinates your child's therapy and communicates with the rest of the team.

During the Program

- Sessions usually run for 1-4 hours per day, 3-5 days per week
- Parents are encouraged to observe or participate (depending on your child's needs)
- Therapy may include specialised equipment such as harness systems, treadmills, or sensory play
- There will be short breaks for snacks and toileting
- Your therapist will provide home strategies to keep up progress between sessions



After the Program

You'll receive a summary report outlining your child's outcomes, updated goals, and recommendations for ongoing therapy or home practice. Your TFK therapist can also meet with you to discuss next steps or transition back to regular sessions.

Locations

- Leichhardt
- Lilyfield
- Narrandera
- Telehealth (Australia-wide)

How to book an Intensive

① Contact our admin team

Call or email our admin team to discuss your child's needs, preferred dates, and what you hope the Intensive will achieve.

② We send availability and questionnaire

Our admin will email you:

- A mock schedule with available dates/times,
- The total cost of the program and the deposit payment details (\$1,000)
- A short questionnaire about your child (medical details, current supports, goals) TFK Intensive Terms & Conditions for you to complete and return.



3 Secure your booking (within 7 days)

You will have 7 days from the email date to return to us. Once you're happy with the proposed schedule, confirm you want to proceed and return all signed documentation.

Your booking is only secured when:

- The schedule has been agreed on
- A deposit of \$1,000 has been received
- The Terms & Conditions have been signed

4 TFK sends confirmation email

You will receive a confirmation email that your intensive booking is secured.

5 Pre-planning session with the lead therapist

Before the Intensive starts, your lead therapist will contact you for a pre-planning session to discuss your child's goals, strengths, supports, and practical arrangements for the program.

Get in Touch

If you'd like to learn more or book your child's Intensive Therapy Program, please contact us:

Phone: (02) 9519 0966

Email: enquiries@therapiesforkids.com.au

Website: www.therapiesforkids.com.au

We look forward to supporting your child to reach their next big milestone – together.