



Rocky Bay  
HEALTH + COMMUNITY

# A-Z Guide



your partner in possibility



Rocky Bay has been building brighter tomorrows for people living with disability in Western Australia since 1938. We are more than service providers – we are partners, collaborators and motivators. Our unique partnership approach is deeply human focused and family oriented, with every decision made as a team and tailored to individual needs. Together, we can determine what's best for you.

As you are about to read, there is an extensive range of services available to you. It may be overwhelming, but know you are not alone – all it takes is a phone call to get started.

## A

### Accommodation

A change in living arrangements can be invigorating for all. We can find the right accommodation option for you, from purpose designed shared accommodation, to short stay retreats and complex needs care. Contact us with your ideal living preference and together we can find your next home. Rocky Bay is currently developing Specialist Disability Accommodation facilities. No matter your age and circumstances, the right home for you might be closer than you think.

See also Specialist Disability Accommodation

### Adults

Rocky Bay offers a range of specialised services and programs to meet the needs of adults living with disability in Western Australia.

- Accommodation
- Therapy services
- Community participation and leisure services
- Job ready training
- Nursing care
- Support coordination
- Training and development

### Ageing in place

Our team of therapists, health and wellness officers, psychologists, social workers and nurses work together to provide services tailored to your needs, providing a long-term approach to quality of life and independence. These individualised services allow you to live in your home regardless of changes to medical status or physical well-being.

### Alternative and Augmentative Communication (AAC)

For complex communication needs, Alternative and Augmentative Communication (AAC) options, such as aided or unaided systems, are available to enhance communication. If you experience little to no speech, learning challenges and difficulty understanding what other people say, Rocky Bay's speech pathologists can assist.

See also Positive AACtion - Information Kit for AAC Teams



### Assistive technology

Take control over your home environment, improve independence and participate in daily activities through the use of environmental control devices and monitoring or alerting technology. These include:

- Control of home lighting, heating, cooling, television and audio-visual equipment
- Access to computers, tablets, smartphones and gaming devices
- Opening of doors and remotely monitoring security systems
- Seeking help in an emergency
- Converting favourite toys to work with accessible switches



### Autism

Rocky Bay offers a range of specialised services, group therapy, workshops and programs for adults, youth and children living with autism. We offer Milo Social Skills Therapy – an evidence-based curriculum and robot, designed to help children living with autism spectrum disorder to navigate social situations, learn emotional cues and develop self-regulating behaviours. Some other autism related services are:

- Therapy groups
  - Building Buddies
  - Gaming Group
  - Mindful Movers
  - Social Skills Fun Day
- Sensory rooms

## B

### Beds

Rocky Bay Equipment can sanitise hospital style beds, as large as a king single, for on-selling. If you have a bed you no longer need, you can have it collected and sterilised. Rocky Bay Equipment also accept donations of beds and have a range available for sale, trial or hire.

### Behavioural support

Rocky Bay uses a trans-disciplinary model to look at behaviour holistically and determine why inappropriate or unwanted behaviour may occur. Together, the Rocky Bay team will develop strategies on how behaviours of concern can be reduced, eliminated or managed.



## C

### Children and youth

Rocky Bay offers a range of specialised services, workshops and programs available to meet the needs of children and youth living with disability in Western Australia such as:

- Therapy services
- Workshops and therapy groups
- School holiday camps
- Customised equipment
- Job readiness training

### Communication

A variety of communication therapy programs and groups are available, that are aimed at developing skills. We also provide support for technology implementation to enable you to have more control over your home environment, improving independence and participation in daily activities through the use of environmental control devices and monitoring or alerting technology.

See also AAC, Assistive technology, Home modifications, NeuroNode

### Community

Find hobbies and activities that interest you, learn skills and make new friends along the way. Rocky Bay Community is about helping you find what you love, and supporting you to participate in the community in a way that is fulfilling and enjoyable. A fleet of transport cars and vans are available to take you wherever your passion is – the options are endless!

See also Music Room, The Studio, Sensory

### Community and home support

Rocky Bay's trained staff will support you to live in your own home and access the community by assisting with:

- Nursing care
- Personal care tasks
- Domestic tasks, such as cooking, laundry, and other household tasks
- Money management and bill paying
- Community access, including social and leisure options
- Maintaining living environments
- Finding a place to live





## D

### Dietetics

The management of food and nutrition is very important. Rocky Bay's dietetics program offers expert advice in all areas of nutrition. Our dietitian will work with you to optimise your diet to suit your needs.

### Disability Support workers

Rocky Bay employs a dedicated team of disability support workers who work with our customers to reach their full potential, achieve their goals and provide guidance and encouragement.

## E

### Equipment – refurbished

A comprehensive range of quality refurbished equipment is available for sale, trial and hire. All equipment is sterilised, cleaned, technician inspected and refurbished. Refurbished equipment is ideal for children with fast growing bodies, temporary needs after an accident or surgery, and backup for primary equipment. See the range available at [rockybay.org.au](http://rockybay.org.au)

### Equipment repairs and servicing

Rocky Bay can repair and service a range of disability equipment, such as wheelchairs, hoists, commodes and standing supports. Located at Cockburn Central, our trained mechanics and posture specialists make sure your equipment is fit for use, safe and comfortable.

Our mobile technicians are available to conduct general repairs and annual servicing in your home or at a preferred location across the Perth metropolitan area.

## F

### Facilities

Across Perth, Rocky Bay has the facilities you need, where you need them:

- Ten hubs between Mandurah in the south and Clarkson in the north, plus Geraldton in the mid-west
- Therapy gyms
- Hydrotherapy pool (Mosman Park)
- Wheelchair sports facility (Mosman Park)
- Equipment workshop
- Sensory rooms
- A variety of accommodation options

### Finding, keeping and changing jobs

Rocky Bay provides the training you need to prepare you for a life of employment. Imagine the possibilities of financial independence. See also S.T.E.P. Program.

### Fitness services

The fitness program at Rocky Bay aims to increase participation in fitness activities, as well as promoting physical strength and capability to be more mobile and independent. Our fitness therapy officer works alongside therapists to develop, customise, implement and modify programs to suit your individual goals.

### Funding provider

Accessing services through Rocky Bay is available under a number of funding streams, including NDIS, state-funded disability services, fee-for-service funding, the Insurance Commission of WA and other specific funding options for children. HICAPS and EFTPOS are available for most services. Talk to our team about the options available to you.



## G

### Group Therapy

Rocky Bay's innovative group therapy programs, for children, parents and carers have been proven to assist young people living with disability navigate the world around them to the best of their ability. Research based therapy techniques, combined with activities children love, can make a real difference to emotional well-being, social skills and behaviour. Workshops for parents and carers help you learn the skills and strategies to thrive.

### Guest Houses

Take a break with supported respite short-stay accommodation services. Located across the Perth metropolitan area, the houses offer a home away from home for anyone looking for some R&R, transition support into long-term accommodation or emergency support.



## H

### Hands and upper limbs

Occupational therapists and physiotherapists can assist you to perform functional, everyday tasks using your hands and arms. Following a detailed assessment of hand and arm function, our therapists will tailor an individualised intervention program aimed at supporting skill acquisition and functional independence.

### Hanen certified programs

Rocky Bay offers a number of Hanen certified groups for parents and children. Hanen programs are researched, developed and managed by The Hanen Centre, which works to address language issues in young children and children with developmental delays and autism. Each program is evidence-based and requires certification to deliver.



### Home modifications

Making your home safe and accessible is important for your happiness and well-being. A team of qualified home assessors, combined with Rocky Bay's experienced occupational therapists, will assess your needs to make recommendations and liaise with building companies and funding bodies to make the changes you need to keep you happy in your home, for longer.

### Hydrotherapy

Rocky Bay's fully accessible hydrotherapy pool at Mosman Park is kept at a comfortable 34°C, providing a relaxing experience for pain relief, exercise and functional improvement. The pool is ideal for rehabilitation, general therapy and leisure activities.







L

## Language and literacy

Language is the foundation for a life full of interaction, inclusion and independence. No matter how you communicate, with your voice, your hands, or with assistive technology, Rocky Bay can help you live life to the fullest. Speech pathologists provide comprehensive assessment and therapy in either expressive or receptive language. Language therapy may involve:

- Direct therapy with a speech pathologist to work on a specific goal
- Training communication partners to support more effective communication or assist you in learning new skills
- Provision of information about language strategies

## Life stage transition

Times of transition can cause anxiety and uncertainty for customers and their family. Rocky Bay has a team of therapists from all disciplines who can work with you through this time. We can provide individualised recommendations and a plan to make the change as easy as possible.

## Locations

You are never far from a Rocky Bay hub and the support you need:

- Ten hubs between Mandurah and Clarkson, plus Geraldton
- Four Guest Houses for respite accommodation
- A large number of accommodation options for supported and independent living

M

## Mealtime management

The ability to eat, drink and swallow safely and comfortably is important for people living with disability. Rocky Bay's qualified therapists can provide assistance in the form of a mealtime assessment and recommendations, training and strategies for mealtime partners, as well as specialist referrals if required.

See also Dietetics

## Milo social skills therapy

Milo is an evidence-based curriculum and robot designed to help children living with autism spectrum disorder to navigate social situations, learn emotional cues and develop self-regulating behaviours. Using Milo can transform the way a child is able to learn, practice and apply social skills when engaging with family and friends. Who wouldn't want to hang out with a talking, singing and dancing robot!



## Mobility plans

An individual transfer and mobility plan benefits those who require the assistance of others when moving or who use equipment to get around. Rocky Bay's occupational therapists and physiotherapists will complete a risk assessment to identify any safety risks involved when completing transfers and provide an individual plan for you and your support network.

## Music room

Music brings joy and a richness to our lives. Rocky Bay's Mosman Park hub includes a fully equipped music room, with all manner of instruments that ring, bang, twang and sing. Come along for music therapy, or just to make some noise!



N

## NDIS

The National Disability Insurance Scheme (NDIS) is the biggest change to the disability sector for a generation, a true game changer, giving you choice and control over your life and your supports. Rocky Bay is an NDIS service provider. We can support the pre-planning process, provide support coordination, assist with plan implementation and generally help you navigate this system.

## Neurological rehabilitation

Rocky Bay has expert knowledge in neurological rehabilitation, and provide individualised therapy programs to people living with neurological conditions, such as:

- Brain injuries
- Guillain-barre syndrome
- Stroke
- Spinal cord injury
- Multiple sclerosis
- Spastic paraparesis

## NeuroNode Trilogy

Losing the ability to communicate can be devastating. Humans are social creatures and we thrive on the interactions we have with those around us. NeuroNode Trilogy is a 3-in-1 device that combines eye gaze, touch control and electromyography (EMG) for faster communication with less fatigue. In Western Australia, Rocky Bay are the representative for Control Bionics, the manufacturer of NeuroNode Trilogy.

## Nursing

Our home is our favourite place to be. When we need care, we can choose to avoid the inconvenience and pain of getting in the car and going to a hospital or medical centre, by welcoming an experienced and caring nurse into our home.

Rocky Bay nurses will visit you in your home, and work with you to achieve you goals, whatever they may be. Nurses assist with:

- Continence assistance and guidance
- Wound management
- Skin care – avoiding and treating pressure injuries
- Post-surgery care
- General health monitoring and management



O

## Occupational therapy

Increase your independence and community participation with Rocky Bay's occupational therapy services. Therapists can provide support for people of all ages to reach your goals in:

- The home
- At school
- At a place of employment
- In a community setting

P

## Parents

A number of programs and workshops are available to support parents and carers of children living with disability. Rocky Bay's workshops ensure your child's learning extends to all touch points of their lives by making you part of the process. Consistency of communication style is key – together, we can give you the confidence to move forward with clarity.

## Personal hygiene

Rocky Bay therapists can support you individually to improve independence with daily hygiene tasks, such as:

- Showering
- Teeth brushing
- Hair brushing
- Shaving
- Nail cutting

Therapists are trained to analyse the factors influencing participation in these tasks and can develop strategies, provide resources or prescribe suitable assistive equipment to overcome physical or cognitive barriers to independence.







## Physiotherapy

Specialists in movement and mobility, Rocky Bay's physiotherapists work with you to maximise health, posture, mobility and function in the home, and in the community. Our therapists will tailor a program to meet your needs, such as reaching developmental milestones, rehabilitation to improve physical skills and independence or assistance to maintain current level of physical function.

## Podiatry

The health and alignment of your feet are important for overall function and well-being, and sometimes a disability can create additional challenges that require special care. Rocky Bay offers podiatry services, funded via the NDIS, to keep your feet happy, healthy and feeling good.

## Positive AACtion Information Kit for AAC Teams

Rocky Bay has developed a resource for teams working with children and adults who use augmentative and alternative communication (AAC). The kit includes evidence-based information sheets and templates to assist parents, teachers and others involved in selecting, trialling and using communication systems. The Positive AACtion – Information Kit for AAC Teams is available for purchase at [rockybay.org.au](http://rockybay.org.au)

## Postural equipment

At Rocky Bay, we're here to show you mobility is a mindset. We'll give you the physical and mental tools for independence - whatever that looks like for you. A multi-disciplinary team of rehabilitation technicians, therapists, upholsterers and support personnel work with you, your therapist and family or support system to help you achieve your mobility goals.

Our customised wheelchair and seating services include:

- Designing and customising postural equipment, such as seating cushions and pads to meet your specific requirements and situation
- Repairing and servicing a range of disability equipment to ensure that it functions correctly and safely
- Supporting therapists with advice, education, mentoring and coaching and with the provision of up to date research information so they can provide better equipment services to you

## Postural support

Ensuring body shape and alignment is very important, especially if you spend long periods seated or lying down. Correct support will improve comfort, assist in the prevention of skin breakdown and enable an individual to maintain mobility and carry out day-to-day activities. Rocky Bay therapists can help you ensure your supports are working for you as they should.

## Professional services

Rocky Bay offers a wide range of professional services for people of all ages living with disability, including:

- |   |                         |
|---|-------------------------|
| • Physiotherapy                         | • Psychological support |
| • Occupational therapy                  | • Social work           |
| • Speech therapy                        | • Hydrotherapy          |
| • Rehabilitation and skills development | • Dietetics             |
|   | • Podiatry              |



## Respite

Take a break with day-time and overnight supported respite. From supported outings and activities to short-stay accommodation, the choice is yours. Find what you love, make new friends or simply relax in a warm and friendly environment.



## Sensory

Our therapists work with you to help you understand the different senses you experience by determining sensory preferences and providing strategies which increase independence in everyday life. Sensory rooms are a new and different place to spend time, encouraging activity and give you the opportunity to explore the environment. Rocky Bay's sensory rooms are located at the Mosman Park, Duncraig and Nollamara hubs.

## Serial casting

Over time, muscles and joints may become progressively short or tight, which could limit the ability to move and perform everyday activities. Rocky Bay provides a serial casting service that gradually lengthens a muscle by stretching it gently over a number of weeks.

## Shared accommodation

Located across the Perth metropolitan area and offering tailored individual support, Rocky Bay's shared accommodation homes are professionally managed to ensure the safety, comfort and enjoyment of the individuals living there. A variety of options are available and cater to a range of ages and disabilities.

## Sleep

Do you struggle to get to sleep, wake up through the night or too early, or find yourself in uncomfortable or painful positions? Occupational therapists from Rocky Bay can help, often using a sleep diary, use of visual routines or stories and making the bedroom conducive for good sleep.

## Social work

Rocky Bay's social workers will work closely with you and your family to provide intervention and support, depending on your needs. If you experience difficulties in relation to what is going on within the family at a particular time – for example financial, relationships, crises, grief and loss – our social workers are there to help.

## Specialist Disability Accommodation (SDA)

Via SHIFT, a Rocky Bay owned company, \$35 million of accessible house will be built in Western Australia. These brand new, state-of-the-art and fully accessible homes are built in partnership



between SHIFT and professional building companies, providing choice and comfort to people living with disability. Enquire now to have a say in the development of your new home. Learn more at [shifthomes.org.au](http://shifthomes.org.au)

## Speech pathology

Our speech pathologists can diagnose and treat communication impairments as a result of developmental delays, learning disabilities, autism, stroke and brain injury, as well as assist those experiencing difficulties swallowing food and drinking safely.

## S.T.E.P. Program

The S.T.E.P. Program, or Stages Towards Employment Pathways, uses an individualised approach to transition people aged 16-23 from school to employment, by building the personal skills you need to start your employment journey. The aim for participants is often to learn the skills that help them earn and keep a position with a Disability Employment Service agency.

## The Studio

The Studio operates from Rocky Bay's Mosman Park hub, and includes an arts and crafts studio, woodwork room, media centre and a large kitchen. Enjoy projects in-house or in the community from cooking classes, furniture making, pottery, sewing and painting.

## Support Coordination

Navigating the NDIS and maximising your plan can be overwhelming. Rocky Bay's support coordinators will work with you to source information and resources from disability support organisations and mainstream organisations in your community, providing an unbiased choice and support in the services you receive.





Available courses include:

- CHC33015 Certificate III Individual Support (Disability)
- Provide First Aid HLTAID011
- Manual Handling (with hoist)
- Medication Training
- Mental Health First Aid
- Catheter Care and Suppository Insertion

### Transport

Take the risk out of getting around with a qualified assessment of what you need when using transport, such as cars, vans, modified vehicles or school bus.

Our occupational therapists and physiotherapists will identify and address any safety risks involved with travelling. Based on your assessment, they will provide a transport plan which provides detailed recommendations and methods of minimising risks during transportation.



### Walking and running

Rocky Bay physiotherapists provide specialist assessment, intervention and evaluation around the skills of walking and running. Our services include:

- Supporting young children who are yet to learn to take their first step
- Re-teaching walking or running after a change in ability
- Improving safety and balance in walking for older customers
- Increasing endurance, efficiency and speed of walking or running

### Workshops

Rocky Bay offer a range of workshops for children, parents and carers to provide support for improved relationships, skill-building, knowledge and confidence. Workshops are evidence based and evaluated for clinical effectiveness.



### Tech Talkers

Tech Talkers is an eight week training program designed for parents and carers of children and adults who use augmentative and alternative forms of communication (AAC). The training offers an open environment for knowledge sharing and building skills around using communication devices.

### Telehealth

Many of Rocky Bay's therapy services can be delivered via technology, saving on time and transport. Regional customers and those who face difficulties in travelling can still receive expert treatment, without leaving the comfort of home.

### Therapy

Rocky Bay offers a wide range of professional services, including:

- Physiotherapy
- Occupational therapy
- Speech therapy
- Rehabilitation and skills development
- Psychological support
- Social work
- Hydrotherapy
- Dietetics
- Podiatry

### Training and Development

As a Registered Training Organisation, Rocky Bay provides innovative training and assessment services to the disability and health sectors. Accredited and non-accredited industry standard short courses will develop and enhance the skills, knowledge and capabilities required for the disability and aged care industries, and upskill individual carers looking to better support their loved ones.

# Our services



## Accommodation

Making positive changes to your environment can be invigorating and life changing. We can actively support you to find the right accommodation option for you, from high care shared housing, to short stay holidays, home modification and full custom homes.

- Guest houses (respite)
- Home assessments
- Home modifications
- Shared houses
- Specialist Disability Accommodation homes with Shift



## Daily Living

Daily Living is about making you feel comfortable and confident doing everyday things. Find hobbies and activities that interest you, learn skills and make new friends along the way. A fleet of vehicles is ready to take you there.

- Community access and recreation
- Art, cooking, craft, dance, music, pottery and yoga classes + much more!
- After school programs
- Assistance with domestic tasks and money management
- Assistance with school transition
- Movie nights
- Sensory rooms
- Stages Towards Employment Pathways (S.T.E.P.)



## Equipment

As everyday tasks become a little easier, your abilities shine through. Technology, equipment and modification solutions enhance your independence, from custom made wheelchairs, to voice activated light control and technology configured to your needs.

- Assistive technology to manage your living environment
- Buy or hire specialised refurbished healthcare equipment
- Equipment maintenance, servicing and parts replacement
- Home modifications to make the most of where you live
- Custom made support equipment using the latest technology
- Hospital grade sterilisation to prepare your items to sell



## Health + Wellness

Being well is about identifying areas that can be enhanced in order for you to feel more confident, independent, mobile, mentally strong and physically in control. We have everything under one roof to make your journey easy and convenient.

- Community nursing and personal care
- Dietetics
- Early start intervention program for at risk infants
- Fitness therapy
- Hydrotherapy for autism
- Neurological rehabilitation
- Occupational therapy
- Podiatry
- Physiotherapy
- Speech clinics
- Speech therapy



## Social Skills

Ready to express yourself with more meaningful social connections? Our Social Skills programs helps teach you how to work together, regulate emotions, share and empathise, utilising many different tools to engage with your unique interests.

- Learn to communicate, negotiate and regulate using games like Lego® and Minecraft®
- Learn, practise and apply social skills with the help of Milo, a humanoid robot
- Regulate emotions in play-based settings
- Learn and practice drama activities and skills with the goal of performing a play.
- Immerse yourself in Noongar culture, surrounded by friends at the Koorda Café\*

\* For Aboriginal and Torres Strait Islander customers only



## Training

Rocky Bay's team of qualified trainers draw on the organisation's 80+ years of industry-based knowledge and skills to pass onto you.

- Learn safe manual handling techniques
- Learn to support someone experiencing a mental health crisis
- Achieve an accredited First Aid certificate
- Build your skills around medication administration

# OUR Locations



-  Offices
-  Respite / Accommodation
-  Respite / Accommodation (New homes coming soon)



**Rocky Bay**  
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For more information on our services and referrals, please call (08) 6282 1900 or email [enquiries@rockybay.org.au](mailto:enquiries@rockybay.org.au)

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A MEMBER OF  
**abilityfirst**  
AUSTRALIA

enhancing  
ABILITIES,  
enriching  
LIVES