



Rocky Bay  
HEALTH + COMMUNITY

# Your guide to Rocky Bay services

YOUR  
partner  
IN  
possibility



At Rocky Bay, we believe in the power of possibility. Since 1938, we have been building brighter tomorrows for people living with disability in Western Australia. More than service providers, we are partners, collaborators and motivators, working alongside you, your family, carers and guardians to ensure you feel valued, heard, supported and celebrated!

With a focus on quality and service excellence, we offer a wide range of therapies and support services for all ages, designed to help you take control of your life and achieve your goals.

With 10 hubs across Greater Perth and a hub in Geraldton, we are part of your community. Our holistic approach including therapy

services, community access, supported accommodation and training. We are here to support you through life's transitions, whether that's receiving a diagnosis, getting ready for school, starting a new job or moving into a new home.

Exploring your options may feel overwhelming, but you are not alone. All it takes is a phone call to get started. Read on to learn more about our commitment to you and how we can create more inclusive communities together.



Call us on (08) 6282 1900

## acknowledgement OF country

Rocky Bay acknowledges the traditional custodians on whose land we work, the people of the Noongar and Yamatji Nations, and recognise their continued connection to the land, waters and skies. We pay our respect to them, their cultures, and to Elders both past and present.



Art by Tyrown Waigana (Crawling Crocodile)

## Purpose

To create inclusive communities for people of all abilities

## Vision

To understand, connect, and partner with the community to enable customers to achieve their aspirations

## Mission

To break down barriers and create opportunities for individuals to participate fully in all aspects of life and by embracing diversity and promoting inclusion, we can collectively build a society that celebrates and values every individual

## Our Services



Supported  
Accommodation



Therapy  
Services



Community  
Access



Training

## Our Customer Experience Principles

Our customer experience principles are the cornerstone of our service delivery, reflecting our commitment to ensuring our customers feel supported, valued, involved, and celebrated. Developed through feedback, consultation, and research with our customers, these principles encompass:



### Keeping our promises

We simply do what we say we'll do. You'll never be left waiting thinking someone has forgotten about you. We have your best interests at heart.



### Showing you we care

You won't feel like just a number. We will make you feel important. We are all committed to making sure you get the best results.



### Making it simple

Life throws enough challenges at you. We will make it easy for you to access the services you need, when you need them.



### Engaging & involving you

We will seek out your opinions and allow you to have input in your outcomes. We'll take the time to understand you and really listen.



### Sharing your aspirations

We are passionate about celebrating your successes and goals right alongside you. We're partners in possibility.





## A

**Accommodation**

At Rocky Bay our experienced Referrals and Transitions managers will work with you to look at what supported accommodation options might suit you best across the Perth Metro region, from Short-Term Accommodation (STA) and Medium-Term Accommodation (MTA) temporary solutions at our guest houses to Supported Independent Living (SIL) and Specialist Disability Accommodation (SDA) through Shift Accessible Homes.

Choosing the right disability accommodation depends on your needs, lifestyle preferences and the level of support you need. Key factors to consider include accessibility, location, available support services and your future needs. Understanding NDIS funding is also essential, as it determines your eligibility.

We're here to help you navigate your options, ensuring you find a suitable and supportive living arrangement, whether that's living in a single bed unit or sharing with two or three house mates.

See also: Short-Term Accommodation (STA) Respite, Medium-Term Accommodation (MTA), Supported Independent Living (SIL), Specialist Disability Accommodation (SDA)

**Adults**

We offer a range of specialised services and programs to meet your needs including;

- Accommodation
- Therapy services
- Community participation
- Life skills
- Nursing care
- Support coordination
- Training and development
- Continence nursing

**Ageing in Place**

Our dedicated team of support workers, allied health professionals, and nurses work together to provide personalised care tailored to your needs.

With a focus on improving your quality of life and long-term independence, ensuring you can continue living comfortably at home as your medical or physical needs evolve. Our services may include:

- Community nursing
- Therapy services
- Home modifications
- Assistive technology
- Assistance with daily life
- Continence nursing

**All Ages & Abilities**

At Rocky Bay, we offer a comprehensive range of neuro affirming services and programs to support people of all ages and abilities who are living with a disability in Western Australia.

Our services include accommodation, therapy services, community access, life skills development, nursing care, support coordination, and training and development.

We are committed to creating inclusive communities, providing tailored programs for children and youth such as workshops, therapy groups, school holiday programs, arts and crafts, and support you need to live life to the fullest.

**Alternative and Augmentative Communication (AAC)**

If you have difficulties with speech, learning, or understanding others, our Rocky Bay speech pathologists can support you in working towards your communication goals with customised Alternative and Augmentative Communication (AAC) solutions, including both aided systems, like speech-generating devices, communication boards, PODD books and iPad apps, and unaided systems, like key word signing and gestures.

See also: Positive AACtion - Information Kit for AAC Teams, Tech Talkers: Parents & Carers Training

**Assessments and Reporting**

We offer a range of assessments such as:

- Functional Capacity Assessments (FCAs)
- Occupational Therapy Assessments
- Assistive Technology Assessments
- Housing Assessments and SDA Eligibility Assessments

Along with a wide range of individualised reports and recommendations that provide clear, evidence based information about your needs, strengths and challenges, which will help inform the type of funding and support you need.

**Assistive Technology**

Technology unlocks endless possibilities, especially when designed around your needs.

At Rocky Bay, our expert assistive technology team helps you find the right physical and digital solutions so you can take control of your life. By understanding your goals, we can recommend the best equipment and technology solutions for you, supporting your independence so you can fully participate at home, work, and in your community. These solutions might include:

- Control your home's lighting, heating, cooling, and entertainment systems through your personal device.
- Automate doors and monitor security systems remotely for enhanced safety and peace of mind.
- Use tablets, laptops, and smart phones with alternative keyboards, voice recognition software, and adaptive switches.
- Enjoy personalised, accessible gaming setups tailored to your needs.

**AUSWIM**

Our AUSWIM program is designed for children with an autism diagnosis (or seeking one) who need support with water safety, awareness, gross motor skills, and cardiovascular fitness.

Led by our physiotherapists, the program takes a multidisciplinary approach, with input from occupational and speech therapists to provide tailored strategies and resources.

See Hydro Heroes and Hydrotherapy

**Autism**

Rocky Bay provides a range of neurodiverse affirming services, programs, groups and training for children, youth and adults living with autism (or who are in the process of seeking a diagnosis) including:

- Hydrotherapy & AUSWIM
- Hanen: More Than Words
- Social groups
- Dungeons & Dragons gaming group
- Sensory rooms
- Allied health - Occupational Therapy, Speech Pathology, Physiotherapy

## B

**Behavioural Support**

Our team of speech pathologists, psychologists, occupational therapists, social workers and nurses are on hand to help you identify and understand challenging behaviours and provide you with the knowledge, skills and strategies to manage them effectively.

## C

**Children and Youth**

We offer a comprehensive range of specialised services, workshops, and programs to support children and young people living with disability in Western Australia.

Our services are grounded in evidence-based practices and align with national frameworks, such as the NDIS Early Childhood Approach.

We focus on supporting developmental outcomes through family-centred and strengths-based approaches that recognise the important role of caregivers in a child and young person's progress.

See also School Skills



## Communication

We support your communication goals, through individualised therapy programs and groups designed to enhance communication skills such as Hanen: More Than Words and Tech Talkers Parents and Carers Training.

Additionally, we provide support for implementing technology to help you gain more control over your home environment. This includes using environmental control devices and monitoring or alerting technology, which can improve independence and participation in daily activities.

See also AAC, Assistive technology, Home modifications, Hanen: More Than Words, Tech Talkers Parents and Carer's Training

## Community Access

Community access is about more than just getting out and running errands, it's about friendship, fun and some respite.

With the support of our Rocky Bay support workers, you can enjoy outings and activities that align with your interests and hobbies, whether that's bowling, seeing a movie, heading to a cafe or simply hanging out, the choice is yours. Or you might prefer to visit your nearest Rocky Bay hub.

Our Mosman Park, Nollamara, Joondalup, and Mandurah hubs feature fully equipped kitchens, Mosman Park also has a dedicated music room, Cockburn hosts monthly discos, and Joondalup has a gaming room ready for all your entertainment needs.

If you love getting creative, you can use our art and craft zones at Ascot, Cockburn, Mandurah, Gosnells, Duncraig, and Mosman Park.

## Community and Home Support

Supporting you to live independently at home, connect with your community, and achieve your personal goals with support tailored to your individual needs. This may include:

- Aspects of nursing care
- Personal care tasks
- Domestic tasks, such as cooking, laundry, and other household tasks

- Support with money management
- Community access, including social and leisure options
- Support with accessing the services required to find a place to live

## Continence Clinics

Our skilled continence nursing staff are dedicated to enhancing your overall well-being. With extensive experience in bladder and bowel health management, our registered nurses work closely with you and your support network to provide high quality continence care, addressing sensory issues and reducing reliance on continence products where possible.

## Children's Continence Clinics

Offering a friendly, safe and supportive space for children and families to address continence concerns with our experienced nurses.

We focus on personalised care to manage sensory related issues as well as incontinence, bed wetting, constipation, and soiling. Providing greater comfort and freedom for your child and family.

## Dietetics

Our Dietitians work as part of our Rocky Bay therapy team to help you meet your nutrition goals and can assist with:

- Fussy eating and mealtime strategies
- Strategies to meet nutrient needs for those who have chewing or swallowing issues requiring texture modified diets
- Managing bowel issues including constipation, diarrhoea and stoma management
- Non-oral (tube) feeding and weaning in those over 2 years of age to ensure you are meeting your nutritional requirements
- Weight management including unintended loss or gain

## Dungeons & Dragons

Our Dungeons & Dragons tabletop gaming groups are inclusive and adaptable, tailored to suit a wide range of abilities. The game is modified to ensure you can participate in a way that feels comfortable, accessible, and fun.

As you embark on adventures and solve challenges as a team, you'll build confidence in communication, grow your independence, strengthen decision-making skills, think creatively, and develop tools for emotional regulation.

## Early Childhood Intervention (ECI)

Early intervention is about getting the help you and your child need as early as possible. Our Rocky Bay therapy team follow the national guidelines for best practice in early childhood intervention, developed by Early Childhood Intervention Australia (ECIA).

Our multidisciplinary approach is about working together as active and equal partners, where planning and services for your child are based on your family life, your priorities and choices.

## Early Start Intervention Program (ESIP)

A highly successful Telethon funded initiative providing children and their families with early access (pre-diagnosis) to a comprehensive clinical team specialising in therapy services and support for infants and children under 5 years.

The ESIP program is specifically targeted towards children displaying signs and symptoms of significant

developmental delay and/ or developmental regression, as well as risk factors associated with rare disease.

Using a partnership approach, your child will work towards their individualised goals at home and in the community.

## Emergency Relief Respite Funding

At Rocky Bay, we're committed to putting you first. That's why we've secured emergency relief respite funding, allowing us to provide emergency respite at no charge to customers in need.

You may be eligible if you don't have respite funding in your plan, your funding has all been used or you are waiting for a new plan to start. It gives you the chance to take a break during challenging times while providing your caregivers with some relief, while knowing that you're in safe hands.

Emergency respite is available at our guest houses, offering flexible options, stay for a few hours, a full day, several days, or even a couple of weeks!

## Exercise Physiology

Suitable for all abilities and ages, exercise physiology works on building your physical capacity, so you can be more independent and participate in the activities you love, at home, school, work or in your community.

Rocky Bay's highly trained and experienced exercise physiologists can create and deliver tailored, exercise, lifestyle and education programs to help you achieve your functional health and wellness goals.





## F

**Facilities**

Rocky Bay offers convenient facilities across Greater Perth, with our friendly Customer Service Officers ready to assist you when you visit our hubs.

Our facilities include therapy gyms, a hydrotherapy pool (Mosman Park), sensory rooms (Mosman Park and Joondalup), art spaces (Ascot, Cockburn, Duncraig, Gosnells, Mosman Park and Mandurah), a music room (Mosman Park), fully equipped kitchens (Joondalup, Mandurah, Mosman Park and Nollamara) and a range of supported accommodation options.

**Fitness Services**

Physical activity is important for everybody, regardless of your ability. Regular movement and exercise have many benefits beyond improving your physical strength and capability, it's great for your mental health and overall well-being too.

At Rocky Bay, our fitness officers will take an individualised approach, working closely with you and your support team to create a program tailored to your goals.

**Funding Options**

You can access Rocky Bay's services through various funding streams, such as NDIS, state-funded disability services, the Insurance Commission of WA, and specific funding options for children. We offer the convenience of HICAPS and EFTPOS for most services. Reach out to our team to explore funding options that best suit your needs.

**Functional Capacity Assessments (FCA)**

Functional Capacity Assessments help identify your strengths, challenges, and support needs across key areas of daily life.

At Rocky Bay, our therapy team provides these assessments to understand how disability impacts your everyday activities like personal care, communication, mobility, and community participation.

The results can guide goal-setting, support planning, and NDIS funding decisions, ensuring you receive the right services to achieve greater independence and quality of life.

## G

**Go for Goals**

Rocky Bay's Go-For-Goals therapy packages provide the individualised support you need. Suitable for all ages and abilities, these targeted, therapy packages are delivered over a four-week period with a therapist who will work with you to ensure you're well equipped with the strategies and resources you need to continue working towards your goals once the program is finished.

With flexible options, we can support you at home, in your workplace, at school, or through telehealth. Go for Goals is here to support you achieve your goals, be that getting ready for school, preparing for a new job or moving out of home or for a range of assessments and reports such as Functional Capacity Assessments.

**Group Therapy**

Rocky Bay's innovative small group therapy programs are designed to empower people of all ages, including children, youth, adults, parents and carers, to build the skills they need to thrive across different environments.

By combining evidence-based therapy techniques with engaging, meaningful activities, these programs support emotional wellbeing, strengthen social connections, and promote shared communication and understanding.

Parents and carers also benefit through targeted workshops, gaining valuable insights and practical strategies to support their loved ones and grow in their caregiving roles.

## H

**Hanen: More Than Words®**

Be your child's partner in communication. Open up new possibilities for your child by better understanding where they are on their communication journey and becoming their biggest supporter.

Children grow and learn at different rates, and as a parent, you can tell when something doesn't feel right. We're here to help you guide your child to reach their full potential.

This program includes both individual and group sessions and is delivered by a Hanen® certified speech pathologist. Hanen: More Than Words will help you to take everyday activities like meal time, story time and bath time and use them to help your child improve their communication and social skills.

**Hippotherapy**

Hippotherapy is a form of physical therapy using the movements of a horse to improve balance, strength and stability. Rocky Bay and Brook Valley Farm (Riding for the Disabled Bullsbrook) have formed a partnership to provide hippotherapy sessions.

Your child will be supported by a team of therapists and volunteers to ensure their safety and enjoyment at all times. Participating horses are temperament tested and well trained. A specially designed ramp is used to make mounting and dismounting as easy and safe as possible.

**Home Modifications**

Making your home safe and accessible is important for your happiness and well-being. Rocky Bay's experienced home modifications occupational therapists (OTs) will assess your needs and make recommendations for modifications based on your individual requirements.

We work closely with building professionals and support you with funding requests to make the changes you need to access your home safely and comfortably.

**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 and general therapy.

Our team can also provide therapy at community pools or in your pool at home!

See also AUSWIM and Hydro Heroes

**Hydro Heroes**

Hydro Heroes is a fun and interactive water-based therapy program designed to support children's development in a safe, social, and playful environment.

Led by experienced Rocky Bay therapists, each session helps your child build essential skills including mobility, strength, coordination, and endurance. All while enjoying the many benefits of being in the water.

## L

**Lady Lawley Cottage - Children & Youth Hub**

Lady Lawley Cottage in Cottesloe is our dedicated centre for child and adolescent wellness with a focus on rare diseases, early intervention and research to support children with unique needs.

Our offerings include occupational therapy, physiotherapy, and speech therapy, as well as specialised programs like Sprouts Pre-Kindy Readiness and Rhythm Rangers.

Parents and carers can connect through MyTime, our free support group, while respite services will soon be available at this idyllic coastal location.



# Our services



## Supported Accommodation



Finding a place to live that meets your unique needs is essential for your happiness, independence, comfort and overall well-being. Disability accommodation offers thoughtfully designed housing solutions for people with different needs.

Support within all our homes is based on the principles of Active Support, ensuring you are included and involved in the routines and decisions that shape your daily life. This approach helps you maintain or develop practical skills, giving you more choice, control, and confidence in how you live each day.

At Rocky Bay, our Referrals and Transitions Managers will help you navigate your housing options, guiding you through the process of finding a home that meets your needs, from NDIS Short-Term Accommodation / Respite (STA) to Supported Independent Living (SIL) options to Specialist Disability Accommodation (SDA) through Shift Accessible Homes.

- Short-Term Accommodation (STA)
- Medium-Term Accommodation
- Supported Independent Living (SIL)  
- Shared Houses
- Specialist Disability Accommodation (SDA) with SHIFT
- Emergency Relief Respite Funding
- Home Assessments
- Home Modifications



[www.shifthomes.org.au](http://www.shifthomes.org.au)



## Therapy Services



Our team of allied health professionals are dedicated to supporting you with your physical, dietary, and mobility needs, helping you feel more confident and comfortable in your daily activities.

With everything under one roof, we aim to make your journey easy and convenient.

- Occupational Therapy
- Physiotherapy
- Speech Pathology
- Exercise Physiology
- Hippotherapy
- Hydrotherapy
- Early Start Intervention Program (ESIP)
- Early Childhood Intervention (ECI)
- Allied Health Assistants
- Fitness Therapy
- Positive Behaviour Support
- Dietetics
- Community Nursing
- Neurological Rehabilitation



## Community Access



At Rocky Bay, our Daily Living services are all about helping you actively participate in daily life and explore new skills and hobbies. Whether it's learning practical life skills, engaging in community activities, or discovering new interests.

Our services also provide opportunities to make new friends and build meaningful connections, all while empowering you to live independently and confidently.

- Respite
- Community access and recreation
- Art, cooking, craft, music and painting
- After school programs
- Assistance with domestic tasks and money management
- Movie days
- School holiday programs
- Sensory rooms

Plus, with access to our fleet of vehicles, getting around has never been easier. Whether you're heading to appointments, social events, or group activities, we ensure you have the transportation you need to stay connected and engaged in your community.



## Training



As a Registered Training Organisation (RTO No. 2001), Rocky Bay provides innovative training and assessment services to the disability, health and community sectors.

We offer a range of nationally recognised training programs and industry standard short courses.

Whether you're wanting to commence a career in disability, a support worker wanting to upskill, or a business looking to embrace a more diversified workplace, we have training options available to you.

Our Non- Accredited courses include:

- Manual Tasks and Hoist
- Dysphagia – Mealtime Management
- Epilepsy and Seizure Management
- Assist with Medication
- Urinary Catheter Support
- Diabetes Support
- Enteral Feeding (PEG)
- Complex Bowel Care
- Mental Health First Aid Standard and Refresher

Accredited Training:

- CHC33021 Certificate III in Individual Support (Disability)
- 11076NAT Diploma of Leadership in Disability Service

We provide comprehensive training for support workers in a range of High Intensity Daily Personal Activities (HIDPA), aligned with the NDIS Practice Standards.

Our courses are delivered by a diverse team of experienced professionals, including clinical nurse trainers with expertise in clinical skills under the NDIS framework.

Passionate about quality and outcomes, our team tailors training to meet individual and organisational needs, ensuring every session is practical, impactful, and relevant.



## 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. Our dedicated 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 Transitions

Times of transition like starting primary school, moving from primary to high school, or finishing school and beginning life as a young adult can bring uncertainty and anxiety for children and their families. Each stage comes with new environments, routines, and expectations, which can feel overwhelming without the right support.

At Rocky Bay, our multidisciplinary team of therapists and support workers is here to help. We work alongside you and your child to understand their unique needs and goals, offering individualised recommendations and a personalised transition plan to guide you through each stage.

Whether it's developing school readiness skills, building confidence in a new setting, or exploring options for community participation after high school, we're here to make each step as smooth and successful as possible.



## Locations

Support is always within reach at Rocky Bay!

- 11 hubs spanning from Mandurah in the south to Joondalup in the north, plus Geraldton in the mid-west
- Four welcoming short-term accommodation guest houses offering respite
- A diverse range of supported accommodation housing options for supported and independent lifestyles

Explore, Short-Term Accommodation (STA), Medium Term Accommodation (MTA), Supported Independent Living (SIL) and Specialist Disability Accommodation (SDA) for more options

## M Mealtime Management

Maintaining the ability to eat, drink, and swallow safely and comfortably is crucial for some. Our Rocky Bay's certified speech pathologists offer mealtime assessments, personalised recommendations, training for mealtime partners and specialised referrals when necessary, to ensure you receive the support you need.

See also Dietetics

## Medium Term Accommodation (MTA)

If you need a temporary place to stay while waiting for your long-term home or support to be ready, Medium Term Accommodation (MTA) might be the right option for you.

Funded by the NDIS, MTA gives you a safe and accessible place to live for up to 90 days while you transition from hospital, from another home, or are waiting for your Specialist Disability Accommodation (SDA) to be ready.

## Mobility Plans

An individual transfer and mobility plan supports people who need assistance moving or use mobility equipment. At Rocky Bay, our occupational therapists and physiotherapists carry out a thorough risk assessment to identify any safety concerns around transfers.

Based on this, we develop a personalised plan tailored to your needs and support network, helping your carers and support workers implement safe, effective strategies to support your mobility.

## N NDIS

The National Disability Insurance Scheme (NDIS) is one of the biggest changes to the disability sector in a generation - giving you more choice and control over your life and the supports you receive.

At Rocky Bay, we're a registered NDIS provider, here to help you along the way. From pre-planning and support coordination to plan implementation, we'll help you navigate the system, empowering you to make informed choices and get the most out of your NDIS plan.

## Neurodiversity Affirming Approach

We are committed to embedding neurodiversity-affirming practices across all areas of support.

This means working alongside neurodivergent individuals to understand their needs, preferences, and goals - offering services that are flexible, person-centred, and strength-based.



Our team is continuously learning and adapting to ensure our approach aligns with current best practices in neurodiversity-affirming care. From communication styles to sensory-friendly environments, we strive to create spaces where neurodivergent people feel heard, valued, and empowered to thrive in their own way.

## Neurological Rehabilitation

After a life-changing event like a stroke, brain injury, spinal cord injury or diagnosis such as Multiple Sclerosis (MS) or Parkinsons, it's important to have a team of experts by your side. At Rocky Bay, our Neuro Rehab team specialises in individualised therapy programs for people of all ages.

We take a partnership approach, bringing together physiotherapists, occupational therapists, speech pathologists and fitness professionals to support your unique recovery journey.

Using innovative techniques and the power of neuroplasticity, we'll help you discover new possibilities and find the therapies and equipment that best suit your goals.

## Nursing

Whether you need ongoing care or occasional support, our nurses provide professional care tailored to your needs, in the comfort of your own home. Available seven days a week our Rocky Bay nurses can assist with:

- Wound management
- Skin care, including pressure injury prevention and treatment
- Diabetes and insulin management
- Medication administration, including injections
- Post-fall and post-surgery care
- Continence support and guidance
- Catheter and PEG placement, care, and management
- General health monitoring, management, and assessments

## O

## Occupational Therapy

Whatever your goals, our occupational therapists are here to help you gain independence and confidence in everyday life. Whether it's improving strength, getting dressed on your own, transferring from your wheelchair, or returning to work - we'll help you work towards it.

Our expert team works with people of all ages and abilities in a setting that suits you - at home, school, work, in the community, or at one of our Rocky Bay hubs.

We specialise in a wide range of areas, including early intervention, autism, neurological conditions, sensory processing, assistive technology, home modifications, and independent living skills and a range of assessments including SDA and SIL.

## P

## Parents and Carers

Caring for a child with a disability comes with challenges, but you're not alone. Our friendly team is here to support you with practical strategies and skills. Helping you navigate everyday life while reducing stress and fatigue by integrating your child's learning into all aspects of their life.

Our evidence-based programs equip you with the tools to anticipate challenges, set boundaries, and respond effectively to behaviours, so you can feel more confident in your role. You know your child the best, we're here to help you make impactful changes in their life.

With expert guidance from our qualified therapists, we work alongside you and your child's support network to create a positive, collaborative environment. Consistent communication is key, and our goal is to empower you with the clarity and confidence needed to move forward successfully.

## Personal Hygiene

Whether you're working on your goals in a community setting or through therapy, our Rocky Bay team is here to support you to build independence with your daily personal care.

Our dedicated support workers and allied health professionals work together to deliver personalised support, tailored to your unique needs.

Our community support workers can help you build confidence and skills with tasks like:

- Showering
- Hair brushing
- Toileting
- Shaving

Our therapists can work alongside you to develop personal care skills and help identify the right supports or assistive technology that can make everyday tasks safer and more manageable.

## Physiotherapy

Experts in movement and mobility, Rocky Bay's physiotherapists collaborate with you to enhance health, posture, mobility, and functionality both at home and in the community.

Our therapists customise programs to suit your requirements, whether it's achieving developmental milestones, rehabilitation for enhancing physical abilities and independence, or maintaining your current level of physical function.

## Positive AAction Information Kit for AAC Teams

Rocky Bay has developed a resource for AAC teams working with children and adults who use augmentative and alternative communication (AAC).

Designed to assist parents, teachers and others involved in selection, trialling and using communication devices, the kit includes evidence-based information sheets and templates.

The Positive AAction - Information Kit for AAC teams is available for purchase at [rockybay.org.au](http://rockybay.org.au)

## R

## Respite

Our four short-term accommodation houses in Noranda, Gosnells, Beeliar, and Rockingham offer flexible respite care when you need a break.

These fully accessible homes are equipped with everything you need for a comfortable and relaxing stay, whether it's for a few hours, a day, overnight, or longer.

With experienced support workers on hand, you can enjoy your time with peace of mind, knowing you're in safe and supportive hands. Our respite care can also support you in transitioning to long-term accommodation, ensuring you have the assistance you need along the way.

## S

## School Skills

Starting or returning to school is a big milestone. Building school skills can make a real difference, helping your child or teenager feel more confident, capable, and ready to learn.

At Rocky Bay, we support children and teenagers to develop a wide range of school-ready skills tailored to their individual needs and goals. These can include:

- **Communication skills** – Expressing needs, following instructions, and interacting with peers and teachers.
- **Fine motor skills** – Tasks like holding a pencil, using scissors, or opening lunch containers.
- **Emotional regulation** – Learning how to manage feelings, cope with change, and feel safe in new environments.
- **Social skills** – Taking turns, joining in group activities, and making friendships.
- **Daily routines** – Getting used to school-day structure, like sitting for group time, managing transitions, and following classroom rules.
- **Independence** – Building confidence in self-care tasks like toileting, dressing, and eating.

Our therapists work in partnership with families, schools, and support teams to create personalised strategies.

## Sensory Rooms

At Rocky Bay, our staff will collaborate with you to explore and understand your unique sensory requirements.

Our sensory rooms offer a tranquil and inviting space, encouraging engagement and providing opportunities to explore in a calm environment. You can find Rocky Bay's sensory rooms at our Mosman Park and Joondalup hubs.

## Short Term-Accommodation (Respite)

Enjoy a break at one of our four Rocky Bay respite locations across the Perth metropolitan area in Noranda, Gosnells, Beelier and Rockingham.

Our fully accessible, well-equipped houses provide a comfortable home away from home, whether you need day respite, a short break, or transition support into long-term accommodation.

With dedicated and experienced support workers, you can relax and enjoy your stay, knowing you're in good hands.

Offering a variety of exciting events and activities, from day trips to creative activities, there's always something fun to look forward to!





## Sleep

Good sleep is essential for overall well-being, but for many people with disabilities, sleep challenges can be a daily struggle.

Our Rocky Bay occupational therapists can help people who experience difficulty sleeping by looking at sensory issues, routines and identify appropriate equipment that can help create a better environment for sleep.

Depending on your NDIS plan and individual needs, this may include:

- Sleep assessments to identify challenges and develop personalised strategies
- Behavioural and environmental adjustments to improve sleep routines
- Sensory supports, such as weighted blankets or white noise machines
- Specialist equipment, like adjustable beds or sleep positioning aids
- Therapeutic interventions from occupational therapists, psychologists, or sleep specialists

Support can be provided in your home, a community setting, or short-term accommodation, depending on what works best for you.

If sleep difficulties are impacting your daily life, our occupational therapists can help you achieve better rest and improved well-being.

## Specialist Disability Accommodation (SDA)

SHIFT Accessible Homes, a registered Specialist Disability Accommodation (SDA) provider and subsidiary of Rocky Bay, is committed to creating modern, accessible homes for people with disabilities in Western Australia.

More than just a property developer, SHIFT is a not-for-profit organisation that works alongside experienced builders to design state-of-the-art residences.

Our homes are built with comfort, independence, and personalisation in mind, giving you the opportunity to shape your living space to suit your needs. Get in touch to be part of designing your future home.

Learn more at [shifthomes.org.au](http://shifthomes.org.au).

## Speech Pathology

Our speech pathology services take a holistic, neurodiverse-affirming approach.

Our experienced therapists work alongside you to support your communication goals, including speech, language development, comprehension, and social interaction.

We also provide expert guidance on assistive technology solutions, augmentative communication

(AAC) using a range of devices or key word signs and can collaborate with our dietitians on fussy eating, and offer mealtime management and swallowing (Dysphagia) services for all ages and abilities.

## 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, so you can make informed decisions about what options suit you best.

## Support Workers

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

## Supported Independent Living (SIL)

We offer Supported Independent Living (SIL) options across the Perth metro area, and our Referrals and Transitions Managers are here to help you find the right home to suit your needs.

SIL provides the opportunity to live as independently as possible, with the support you need to thrive.

You'll share your home with two to four housemates, and have trained support workers on-site providing active support with everyday tasks like meal preparation, personal care, and household management.

## Tech Talkers

Discover Tech Talkers, an engaging training program tailored for parents and carers of children and adults who use augmentative and alternative forms of communication (AAC).

Join us in an open and supportive environment where you can enhance your skills in using communication devices while sharing knowledge with others.

## Telehealth

Many of our allied health services are offered via telepractice, as well as in person, to support you with services such as dietetics, occupational therapy, physiotherapy, speech pathology, support coordination and children's continence clinics.

Receive services in a relaxed setting or in the comfort of your own home.

This is an alternative way for you to meet with your therapist and conduct a therapy session, using digital devices such as computers, laptops, tablets or even your mobile phone and is just as effective as seeing your therapist in person.

## Therapy

Rocky Bay offers a wide range of services to help you improve mobility, build strength, and enhance overall well-being.

Whether you prefer therapy in our welcoming, fully equipped facilities, in the comfort of your home, your community, or via telehealth, we provide flexible options to suit your needs.

Our dedicated team uses innovative therapies to support your journey, from paediatric programs like the Early Childhood Intervention (ECI) and family centred programs to core services such as speech pathology, occupational therapy, and physiotherapy.

We also offer specialist services, including hydrotherapy, hippotherapy, assistive technology, continence clinics, dietetics, and postural support, ensuring you have access to the right support to live life to the fullest.







## Training and Development

Rocky Bay is a Registered Training Organisation (RTO No. 2001) offering a wide range of nationally recognised training programs and short courses for the disability, health, and community sectors. Whether you're starting a career, upskilling as a support worker, or seeking tailored training for your organisation, we have options to meet your needs. Our training is delivered by experienced professionals, including clinical nurse trainers, with a strong focus on High Intensity Daily Personal Activities (HIDPA) aligned with NDIS Practice Standards.

Refer to Our Services for the full list of training courses on offer.

## Transport Assessments and Plans

Stay safe and confident when travelling with a qualified transport assessment tailored to your needs.

Whether you use a car, van, modified vehicle, or school bus, our occupational therapists and physiotherapists will assess your individual requirements and identify any safety risks.

Based on your assessment, we'll create a personalised transport plan with detailed recommendations and practical strategies to help minimise risks and ensure a safe, comfortable journey.



## Travel

As part of our commitment to creating more inclusive communities, we maintain a fleet of modified vans and cars, making it easier for you to stay connected, access essential services, and participate in activities that matter to you. Where do you want to go today?

## W

### 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
- Assessing and prescribe walking aids for paediatric and adult customers

## Workshops

Our Rocky Bay therapists are happy to share their expertise with you, whether you are a parent, carer, a school or another provider, we can deliver workshops tailored to your needs. Please contact us so we can discuss your needs.



# OUR Locations



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

60 McCabe Street, Mosman Park WA 6012  
ABN 66 028 387 386 • ACN 636 892 898



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