

Group for Older Adults



The sensory connection is a Mental Health Care, Occupational Therapy based program used in treatment for psychosocial self-care. It begins with self-awareness and moves on to strategies for self-regulation, self-care, and self-healing.

The SCP helps with:

- Emotional self-regulation
- Relaxation and stress reduction
- Cognition
- Symptoms of mental illness
- Sensory Defensiveness
- Restraint reduction
- Trauma Informed Care

Applicable Treatment Settings

- Geriatric settings
- Acute and long term mental health units
- Outpatient mental health treatment programs
- Substance abuse programs
- Programs for patients with head injuries or neurological problems
- Adolescent units
- Programs for adults with Developmental Disabilities

Please be advised that the consulting OT is endorsed by Occupational Therapy Australia and Medicare to provide Occupational Therapy services under BAMH (MHCP) under Focussed Psychological Strategies and also ATAPs.

*Groups run every term, please contact our office for more information on time and costs.