



Rocky Bay
HEALTH + COMMUNITY

Your guide to Rocky Bay services

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 is 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.

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



Accommodation



Daily Living



Health + Wellness



Parents + Carers



Social Skills



Training





Accommodation

We have a comprehensive range of accommodation options and we work together to look at what options might suit you best. Whether that's short-term accommodation at our guest houses, permanent supported living in a shared house, or semi-independent living in the community with onsite access to support workers.

We can find the right accommodation for you, helping you live as independently as possible with guest houses (Respite), Supported Independent Living (SIL) and Specialist Disability Accommodation (SDA) across Perth.

Shift Accessible Homes are currently developing Specialist Disability Accommodation (SDA) homes across Perth regardless of your age and circumstances, the perfect home for you may be closer than you think.

See also Specialist Disability Accommodation, Guest Houses, Respite

Adults

At Rocky Bay we offer a range of specialised services and programs to meet your needs including;

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



Ageing in Place

Our dedicated team of support workers, allied health professionals, and nurses collaborate to deliver personalised services that meet your specific needs, focusing on improving your quality of life and independence long term. Through these customised services, we ensure that you can continue to live in your home comfortably, even as your medical or physical needs may change.



Alternative and Augmentative Communication (AAC)

Rocky Bay provides customised Alternative and Augmentative Communication (AAC) solutions for complex communication needs, including both aided and unaided systems to improve communication. If you encounter difficulties with speech, learning, or understanding others, our speech pathologists are available to support you.

See also Positive AACtion - Information Kit for AAC Teams



Assessments and Reporting

We offer assessments, reports, and recommendations and home activity programs if you have a concern about your loved one:

- Sensory profile
- Literacy
- Motor skills
- Mealtimes
- Language and comprehension
- Activities of daily living



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 through your dedicated device.
- Automation of doors and remote monitoring security systems for safety and security.
- Accessing tablet, laptop, smartphone utilising alternative keyboards, various voice recognition software and adaptive switches and interfaces.
- Individualised accessible gaming set ups.



AUSWIM

Designed to offer children with a diagnosis of Autism or similar conditions access to therapy services and support in an aquatic environment. Our AUSWIM program focuses on enhancing water safety and awareness, improving gross motor skills, and promotes cardiovascular fitness.



Autism

We offer a range of neurodiverse affirming services, group therapy, workshops and programs for adults, youth and children living with autism. Rocky Bay autism services include:

- Skill development and socialisation groups
- Allied health component of autism diagnosis assessments
- Sensory rooms
- Hydrotherapy



Behavioural Support

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

See also Emotional Regulation Clinics

Children and Youth

We have a comprehensive range of specialised services, workshops and programs available to meet the needs of children and youth living with disability in Western Australia including:

- Therapy services
- Job readiness training
- Workshops and therapy groups
- Art classes
- School holiday programs
- After school groups



Communication

We offer various communication therapy programs and groups designed to enhance communication skills. 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 and Home modifications



Community

Discover hobbies and activities that interest you, while learning new skills and making friends along the way. We're dedicated to helping you socialise and find activities you love.

Our goal is to support you to engage with your community in a fulfilling and enjoyable way, while helping you reach your goals! A fleet of transport cars and modified vans are available to you when accessing your local community.

See also Music room, The Studio, Sensory rooms, Lady Lawley Cottage



Community and Home Support

Rocky Bay's trained support staff are dedicated to helping you live independently in your home and access your community through services such as:

- Aspects of nursing care
- Community access, including social and leisure options
- Personal care tasks
- Support with maintaining living environments
- Domestic tasks, such as cooking, laundry, and other household tasks
- Support with money management and bill paying
- Support with accessing the services required to find a place to live





Consultancy Services

We now offer consultancy services for schools and corporate entities. These projects often relate to Workplace Health and Safety (WHS) commitments, focusing on understanding neurodiversity and creating accessible office and work environments.



Continence Clinics

Our skilled 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.



Children's Continence Clinics

We offer a welcoming environment for you and your child, aged 4-18 years, to meet with our highly skilled nurses to discuss any continence concerns. Our primary goal is to provide a personalised solution tailored to your child's specific needs.

We aim to address sensory-related issues and reduce reliance on continence products, promoting greater freedom for your child and family. Additionally, we can assist in establishing healthy bowel and bladder habits, incontinence (urine and bowel), bedwetting, constipation and soiling.



Dietetics

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.



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

As part of our commitment to putting you at the center of everything we do, Rocky Bay has secured emergency relief respite funding which allows us to offer emergency respite (at no charge) to customers.

Emergency relief respite funding provides support in unexpected situations or when your plan has ended, you have run out of funding, or you are waiting for your new plan. It offers you the opportunity to take a break during challenging times and provides caregivers with relief from stress, allowing them to recharge physically and mentally, knowing that their loved one is in safe hands. This funding is available to those staying at our guest houses or in your home with a Rocky Bay support worker.



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.

Facilities

Rocky Bay offers convenient facilities across Perth. Our facilities include therapy gyms, a hydrotherapy pool (Mosman Park), a wheelchair sports facility (Mosman Park and Cockburn), sensory rooms (Mosman Park and Joondalup), an art studios (Mosman Park, Cottesloe and Joondalup), a music room (Mosman Park), and various supported accommodation options.



Finding, Keeping and Changing Jobs

Rocky Bay provides you with support you need in your journey towards living an independent life in the future and to help you lay the foundations for your chosen career pathway. Your journey might start as you prepare to leave school with our School Leaver Employment Support (SLES) program or our Stages Towards Employment Pathways (STEP) program.

See also STEP program and SLES program



Fitness Services

At Rocky Bay, our fitness program is tailored to enhance your physical well-being by promoting active participation in fitness activities, improving strength, and increasing mobility and independence. Our dedicated fitness therapy officer works closely with your support team to develop personalised programs that cater to your specific fitness goals, ensuring a tailored and effective approach.

Funding Provider

You can access Rocky Bay's services through various funding streams, such as NDIS, state-funded disability services, fee-for-service funding, 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.



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.



Group Therapy

Rocky Bay's innovative small group therapy programs are designed to empower children, youth, parents, and carers in building the skills they need to thrive across many environments.

By incorporating therapy techniques and engaging activities, these programs foster emotional well-being, enhance social connection, and develop shared communication and understanding. Through our workshops, parents and carers gain valuable insights and strategies to support their loved ones and thrive in their caregiving roles.



Guest Houses (Respite)

Enjoy a break with our supported short-stay accommodation services, available across the Perth metropolitan area in Noranda, Gosnells, Beelie 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.

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 modifications and fully customised homes.

- Guest Houses (Respite)
- Home Assessments
- Home Modifications
- Shared Houses (SIL)
- Specialist Disability Accommodation homes with SHIFT



Daily Living



Build on your confidence and independence to participate in everyday life skills and activities. 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, music, painting and pottery classes
- After school programs
- Assistance with domestic tasks and money management
- Assistance with school transition
- Fitness, yoga and dance classes
- Movie nights
- School holiday programs
- Sensory Rooms
- School Leavers Employment Support program (SLES)
- Stages Towards Employment Pathways (STEP)



Health + Wellness



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.

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



Parents + Carers



At Rocky Bay, our workshops and programs aim to integrate your child's learning into various aspects of their life, and we believe in making you an integral part of this process. We emphasise the importance of consistent communication styles to empower you with confidence and clarity as you move forward.

Our workshops and programs provide you with effective tools and strategies, enabling you to set limits, anticipate challenging moments, and respond to difficult behaviours.

All our programs are meticulously research-based, all of which have undergone a pilot to assess the effectiveness. This commitment ensures that every collaborative effort we undertake is valuable and fulfilling for you, your child and your family.

- Sprouts Pre-Kindy Readiness
- Tech Talkers®
- Positive AACtion Kit for ACC Teams
- Emotional Regulation Clinics



Social Skills



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

- Join our Dungeons & Dragons boardgame quest and work with your team to complete your campaign!
- Learn to communicate, negotiate and regulate in our skill development and socialisation groups
- Regulate emotions in play-based settings



Training



As an RTO (No. 2001), Rocky Bay offers innovative training and assessment services for the Disability, Health, and Community Sectors, providing a range of nationally-recognised programs and short courses. Whether you're starting a career in disability, enhancing support worker skills, or promoting workplace diversity, our dedicated trainers deliver high-quality training. With over a decade of experience, we offer both accredited and non-accredited courses, customisable to your organisation's needs or for new staff inductions.

Our courses include:

- CHC33021 Certificate III in Individual Support (Disability)
- Manual Tasks
- Mealtime Management (Dysphagia)
- Epilepsy and Seizure Support
- Assist with Medication
- Urinary Catheter
- Diabetes Awareness, BGL and Insulin
- Enteral Feeding (PEG)
- Complex Bowel Care (Suppository)
- Mental Health First Aid Standard



Hippotherapy

Hippotherapy is a form of physical therapy using the movements of a horse to improve balance, strength and stability. Throughout the sessions, your child will be supported by a team of therapists and volunteers to ensure their safety and enjoyment. Our participating horses undergo temperament testing and are well-trained to provide a reliable experience.

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, making recommendations and will 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. Our team can also provide therapy at community pools or in your pool at home!

Lady Lawley Cottage - Children & Youth Hub

Have fun while learning valuable life skills, social skills and creative skills at the beautiful and historic Lady Lawley Cottage, now reopened as a dedicated child and youth hub. We offer a range of therapy services from this location such as Occupational Therapy, Physiotherapy, Speech Therapy and our Early Childhood Intervention (ECI) groups.

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

Locations

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

- 11 hubs between Mandurah in the south and Joondalup in the north, plus Geraldton in the mid-west
- Four guest houses for Respite accommodation
- A large range of accommodation options for supported and independent living

See also Specialist Disability Accommodation



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



Mobility Plans

An individual transfer and mobility plan is designed to assist those who need help moving or use equipment for mobility. Our occupational therapists and physiotherapists at Rocky Bay will conduct a thorough risk assessment to identify any safety concerns related to transfers and create a personalised plan tailored to your needs and support network.



Music Room

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

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.

Neurodiversity Affirming Approach

Rocky Bay is becoming a neurodiverse affirming organisation that delivers neurodiversity affirming care across all services. This philosophy and model of care acknowledges that neurodivergent individuals have unique strengths, perspectives and ways of processing information. Rocky Bay aims to create a supportive and inclusive environment that values, respects and accommodates these differences, rather than attempting to normalise or suppress them.



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
- Ataxia
- Stroke
- Spinal cord injury
- Multiple sclerosis
- Parkinson's disease



Nursing

Rocky Bay nurses provide in-home visits and collaborate with you to achieve your goals, whatever they may be. Saving you the inconvenience and discomfort of travelling to a hospital or medical center.

Our nurses can help with:

- Continence assistance and guidance
- Wound management
- Skin care to prevent and treat pressure injuries
- Post-surgery care
- General health monitoring and management





Occupational Therapy

Enhance your independence and community involvement with Rocky Bay's occupational therapy services. Our therapists offer support for all ages to help you achieve your goals:

- At home
- At school
- In the workplace
- In community settings

Parents and Carers

Rocky Bay provides various programs and workshops designed to assist parents and carers of children with disabilities. These workshops are tailored to ensure that your child's learning is integrated into all aspects of their lives, with your involvement being a crucial part of the process. Consistency in communication is essential, and our goal is to empower you with the confidence and clarity needed to move forward effectively.



Personal Hygiene

Rocky Bay support workers can support you to increase independence with completing daily personal hygiene tasks, including:

- Showering
- Shaving
- Toileting
- Nail cutting
- Hair brushing

Support workers 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

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.



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 by 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 AAC 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



Respite

Our supported short stay accommodation services offer a comfortable home away from home in Noranda, Gosnells, Beelier, and Rockingham. These fully accessible houses are equipped with everything you need for a relaxing stay, whether it's a short break, day respite, or transition support into long-term accommodation. With our dedicated and experienced support workers on hand, you can relax and enjoy your time knowing you're in good hands.



Sensory Rooms

At Rocky Bay, our staff will collaborate with you to explore and understand your unique sensory requirements. By identifying your sensory preferences, we provide personalised strategies that enhance your independence in daily activities. 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.



Shared Accommodation

Discover Rocky Bay's shared accommodation, spread across the Perth metropolitan area, designed to provide personalised support for each resident. Our professional management ensures a safe, comfortable, and enjoyable living environment. With a variety of options available, our homes welcome a diverse range of ages and abilities, ensuring everyone finds a place they can call home.



School Leavers Employment Support (SLES)

This is your chance to consider what life looks like after school, as you explore your skills and interests and take the first steps towards setting yourself up for independence in the future.



School Skills

Our therapists can offer assessments, strategies and support to develop school skills:

- Handwriting
- Comprehension
- Cutting
- Literacy
- Following instructions



Sleep

Are sleep issues keeping you up at night? Whether you struggle to fall asleep, wake up frequently or experience discomfort while sleeping, Rocky Bay's occupational therapists are here to help. We use techniques like sleep diaries and visual routines to create a conducive environment for better sleep, ensuring you wake up feeling refreshed and ready for the day.



Specialist Disability Accommodation (SDA)

SHIFT Accessible Homes, a registered SDA provider and Rocky Bay company, is dedicated to constructing modern homes for individuals with disabilities in Western Australia. These state-of-the-art residences are being built in collaboration with experienced building companies, providing people with disabilities the opportunity to customise their living space for comfort and independence. Reach out to us to contribute to the design of your future home.

Learn more at shifthomes.org.au



Speech Pathology

Our Rocky Bay speech pathologists specialise in diagnosing and treating communication impairments stemming from various causes such as developmental delays, learning disabilities, autism, stroke, and brain injury. Additionally, they provide assistance to individuals facing challenges with swallowing food and drinking safely.



STEP Program

The STEP Program, or Stages Towards Employment Pathways, aims to help you achieve your vocational goals by using an individualised approach to transition from school to employment. Through this program, we focus on building the personal skills you need to start your employment journey!



The Studio

The Rocky Bay Studio operates from several of our hubs including Mosman Park, Joondalup and Cottesloe. These vibrant art spaces hold workshops, creative art sessions and cooking classes focusing on skill development and the overall well-being of our Rocky Bay customers.



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.

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.



Tech Talkers

Discover Tech Talkers, an engaging eight-week 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 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 allied health services, including:

- Physiotherapy
- Occupational Therapy
- Speech Therapy
- Rehabilitation and Skills Development
- Psychological Support
- Hydrotherapy
- Dietetics
- Podiatry
- Exercise Physiology
- Behaviour Supports

The Tool Box

Bring your ideas and projects to a safe space and let's see what is possible! If you have a passion project or a skill that you want to develop, you and your support worker can book time to push your imagination and build something to be proud of. Project ideas include; personal item repair, bike servicing, jewellery making, DIY kit projects, flat pack furniture assembly, painting design and more.



Training and Development

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 are a person 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 courses include:

- CHC33021 Certificate III in Individual Support (Disability)
- Manual Tasks
- Mealtime Management (Dysphagia)
- Epilepsy and Seizure Support
- Assist with Medication
- Urinary Catheter
- Diabetes Awareness, BGL and Insulin
- Enteral Feeding (PEG)
- Complex Bowel Care (Suppository)
- Mental Health First Aid Standard

We deliver training to support workers in a range of High Intensity Daily Support activities (HIDPA). Our courses are compliant with the NDIS Practise Standards and delivered by experienced nurse educators.

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.

Travel

Rocky Bay maintains a fleet of modified vans and cars to assist you to participate in your local community. Where do you want to go today?



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

Rocky Bay offers 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.



