

## **About Jade**

Jade is a knowledgeable, dynamic and passionate Occupational Therapist with over a decade working with a diverse range of individuals with different needs; including both mental and physical health challenges. Jade specialises in child development and is experienced working with children, families and their teams to help the child achieve their full potential.

Jade has worked in hospital, clinic, home and school environments and focuses on, but not limited to, areas such as; fine and gross motor skills, sensory processing, emotional regulation, social skills, school readiness and independence with self care tasks. Jade is mental health trained and is thus able to use her specialised skills to ensure therapy is well-suited to the child's mental and physical health needs. Jade has a particular interest, with unique skills, in working with children with a diagnosis of Autism Spectrum Disorder and Attention Deficit Disorder. Mostly, Jade loves making her sessions fun and engaging for the child and believes that strong communication amongst the team is essential.

As the founder and director of Steps OTKids, Jade prides herself on ensuring the company delivers a high standard of service and consists of exceptional occupational therapists. It is important to Jade that Steps OTKids is a warm and friendly family vibe where children, parents and others feel connected to their Therapist and listened to at all times.

In Jade's spare time, she enjoys spending time with her husband and three children; 5 year old and one year old twins.

### **About Occupational therapy**

Occupational therapy enables people to participate in activities they find meaningful. These activities include taking care of oneself (and others), working, volunteering, and participating in hobbies, interests and social events.

Occupational therapy is a client-centred health profession that involves ongoing assessments to understand what activities a person can do (and those they want to do), any current limitations, goals/motivations and also to offer advice/techniques about how to do something more easily and safely.

### **About Steps OTKids**

Steps OTKids is an outreach service providing occupational therapy support to people under the age of 18 with a variety of needs. Our therapists are trained and skilled to work with children with challenges such as (but not limited to):

- Fine motor skills (handwriting, cutlery use, shoelaces)
- Gross motor skills (climbing, running, core muscle control)
- Sensory processing challenges (e.g. awareness of body in space, sensitive to smells, sounds textures or tastes, requiring increased movement ),
- Behavioural supports
- Emotional regulation
- Social skills
- School readiness
- Mental health conditions

We are flexible in our manner and stress the importance of using a collaborative approach (i.e. liaising with the child's entire team; family, school and others). Our ultimate goal is for the child to take the steps required to achieve and succeed in their own unique way.