

Achieve. **S**upport. **D**eliver.
ANNUAL THERAPY CONFERENCE

Monday 22nd July 2019

at

Cerebral Palsy Alliance
187 Allambie Road
Allambie Heights





Cerebral Palsy
ALLIANCE

| time | PLENARY SESSIONS (Training Rooms 1-4) | | | | | | |
|---|---|--|---|--|--|---|---|
| 8:30 | Registration and coffee | | | | | | |
| 9:30 | Welcome & Introductions, Acknowledgment of Country Jo Ford | | | | | | |
| 9:45 | Key Note— TBC | | | | | | |
| 10:00 | Universal Design for Learning Lynda Melville | | | | | | |
| 11:00 | Morning Tea | | | | | | |
| 11:30 | Lightning talks – Autism service offers | | | | | | |
| 12:30 | Research updates – Johanna and infant clinic | | | | | | |
| 1:00 | Lunch (round up at 1:40) | | | | | | |
| 1:45 | Stress Awareness and Building Resilience | | | | | | |
| 3:15 | Tea break | | | | | | |
| 3:30 | Workshop Session (3:30 - 4:45pm) | | | | | | |
| | | | | | | | |
| Video modelling Presented by: Dr Bronwyn Sutton Chair: Nicky Arthur | Functional Assessments Presented by: Renee Murphy, Prue Campbell, Kerrie Potgieter, Tegan Davies Chair: TBC | Hammersmith Infant Neurological Examination (HINE) Presented by: Anna te Velde Chair: Prue Golland | Ageing and Dementia Presented by: Joan Bratel Chair: Mel Hammel | Height Adjustable Electric Lifting Systems Presented by: Kim Johnstone, Inclusive Living Chair: Liz Nade | Eye Gaze Presented by: Rachelle Baldock Chair: Johanna Korkalainen | Physical Literacy Presented by: Renee Wind Chair: Jane Crowle | Sensory Sensitivities Presented by: Jill Ashburner (via technology) Chair: Jane Berry |
| Drinks and Nibbles—Innovation Space | | | | | | | |
| 5:30-7pm Supporting people with disability in low and middle income countries | | | | | | | |

Key Note

TBC

Planning for Success: Universal Design for Learning

Lynda. J. Melville

Autism Queensland, PO Box 354, Sunnybank, Brisbane, 4109, Queensland Australia

Bio:

Lynda Melville is the Team Leader, Professional Learning Development Services with Autism Queensland and National Coordinator Early Days. Lynda has over 30 years' experience working in special education, autism education, and support services. After commencing her teaching career in North Queensland, Lynda worked in special education roles in Brisbane and the UK, including as a teacher in Autism Queensland's school and early intervention programs. Her other roles at Autism Queensland have included metropolitan and regional consultant and Professional Learning Facilitator. In recent years Lynda has been involved in numerous education and consultation projects including Early Days workshops, Positive Partnerships and Early Years Connect, an early childhood education and care learning package developed in collaboration with C&K, Queensland Department of Education and Early Childhood Australia. She has also consulted for sensory friendly performances at the Kennedy Centre Washington DC, the Queensland Performing Arts Centre, and the Grace Beside Me television series.

Autism Queensland is Queensland's lead agency for the provision specialised education, therapy and support services for people of all ages with ASD and their families. It has been delivering these services for over 50 years.

Description:

Successful inclusion of individuals with additional needs such as Autism can be challenging for all involved. This session will explore the important components for planning and implementing inclusive practices that support successful learning for all individuals. Topics to be explored include:

- Designing learning spaces
- Strategies, resources, routines and transitions to support learning and wellbeing
- Collaborative partnerships
- Leadership, professional responsibilities and reflective practice to enact inclusion

Lightning Talks

LifePoints Colleagues, Cerebral Palsy Alliance

Four 10 minute lightning talks showcasing a range of service offers provided by therapists working at CPA for clients with autism.

Key take home messages will be presented in an engaging format and will highlight the need that generated the service offer, what the offer looked like as well as key reflections on outcomes.

There will also be a short time for questions at the end of the session.

Allison Hillery, Early Intervention Teacher, Croudace Bay

Topic: Secret Agent Society

An evidence based multimedia social skills program for children 8-12 years of age to develop their social and emotional resilience.

Jo Grayson, Speech and Language Pathologist, Nowra

Topic: Lego® Therapy

An intervention approach that makes use of a child's love of Lego® building to support the development of their social and communication skills.

Annemarie Murphy, Speech and Language Pathologist, Prairiewood

Topic: Transition to School Group

Exploration of how a transition to school group can be structured to support and accommodate the needs of children with autism.

Rachael McGlynn, Speech and Language Pathologist, Tuggerah

Topic: SOS

Sequential Oral Sensory (SOS) therapy is a transdisciplinary approach to the assessment and intervention for children with feeding difficulties.

Research Updates

Johanna Korkalainen, Consultant for Speech Pathology, Cerebral Palsy Alliance

Topic: Update on functional communication outcomes for children with cerebral palsy

Description:

Common speech pathology intervention for children with cerebral palsy involve speech therapy based on principles of motor learning and AAC use. This study is the first to investigate and compare the efficacy of the common communication interventions with children with CP. Data on intervention efficacy with three children with will be presented.

Prue Golland and Anna te Velde

Topic: Early Diagnostic Clinic - update

Description:

The Early Diagnosis Clinic has been operating out of the Prairiewood site since March 2018. This update will provide an overview of our experiences with Australia's first early diagnosis service.

Stress Awareness and Building Resilience

TBC

AccessEAP

Description:

This presentation provides practical information and tools to build resilience as a way to mediate stress in the workplace. Participants will understand more about the physiological changes to the brain when stressed; identify their own stress signature as a way to detect stress signs early on so as to maintain wellbeing. Participants are then guided through the nature and benefits of resilience, and will be given the opportunity to identify strategies for improving or maintaining their personal resilience in context of the usual stresses of work and life.

Concurrent Workshops (3:30 – 4:45 pm)

Video Modelling

Presenter: Dr Bronwyn Sutton

Dr Bronwyn Sutton is a Speech Language Pathologist and Director of BEST Autism Therapy, a private practice specialising in a naturalistic model of Speech Pathology for children with autism. Bronwyn has 30 years' experience working with children in early childhood and educational settings as well as post graduate qualifications in Education and a Masters of Special Education. Bronwyn's PhD research focused on facilitating social interactions between children with ASD and their peers in naturalistic settings. Bronwyn's practical approach is based on her experience guiding parents and professionals to implement evidence based interventions to improve the social and communication skills of children with autism.

Recommended for Everyone

Description:

Video modelling is an instructional process in which desired behaviours are learned by watching. Video modelling is an evidence-based intervention which is cost-effective, time-efficient and easy to implement in any setting (Cardon, 2016; Charlop-Christy, Le, & Freeman, 2000; Nikopoulos & Keenan, 2007). Research has shown that video modelling can be an effective intervention for improving a wide range of social, behavioural and communication skills for people with autism (Qi & Barton, 2017).

With the increase in popularity of mobile technology, video modelling offers an opportunity to provide visual instruction which is motivating for many children. This practical, hands-on session will introduce participants to a five-phase implementation process for incorporating video modelling into the classroom (Wilson, 2013). Participants will learn how to plan their videos and capture video using iPhones or iPads. Using their personal technology, participants will create their own video models. Importantly, participants will also learn how to embed video modelling into their therapy program or client's home routine.

Functional Assessment

Presenter/s: Renee Murphy, Occupational Therapist, Alstonville

Recommended for OTs

Description:

Requests for 'Functional Assessments' from the NDIS are fast increasing. They may be requested to justify funding for a participant to have formal supports, accommodation or assistive technology and home modifications. NDIS has not provided a template for 'Functional Assessments' but has requested use of 'Functional Assessment Tools'.

We will define our understanding of Functional Assessments as practitioners compared to the expectation of the NDIS.

Two primary tools will be presented, I CAN and Adaptive Behaviour Assessment System – Third Edition (ABAS-3). We will work through case studies so that you can experience administering, scoring and report writing processes for these tools.

The presenter will share with you their own experience using these tools in the NDIS system and the outcomes.

HINE

Presenter/s: Anna te Velde, Physiotherapist, Research Institute

Recommended for OT, PT

Description:

The Hammersmith Infant Neurological Examination (HINE) is a standardised neurological assessment for use with infants from ages 2-24 months. It is a recommended assessment in the early diagnosis and monitoring of cerebral palsy but can also be used as a neurological assessment in any infant population.

This workshop is a short introduction to the HINE. This will be a practical session in which a HINE video will be scored and discussed together as a group. Previous experience with administering the HINE is not necessary, but is encouraged to get the most out of this session. This workshop is best targeted at therapists who work with infants or who are interested in starting to work with infants under 2 years of age.

There will be readings and access to the HINE video prior to the workshop to support the use of the HINE in clinical practice and support the interpretation of HINE scoring in a clinical context.

Ageing and Dementia

Presenter: Joan Bratel

Description:

As in the wider population people living with a disability now have a longer life expectancy giving rise to an increase in age related physical and mental health problems. Of particular note is the high prevalence of dementia in adults with a disability and in particular adults with Downs's syndrome.

This workshop will focus on:

- The behavioural and cognitive changes that may indicate the onset of dementia.
- The assessment and importance of an accurate diagnosis.
- Person centred strategies to support the wellbeing and quality of life for people with dementia.

Height Adjustable Electric Lifting Systems - For kitchens, bathrooms, bedrooms and many other applications

Presenter: Kim Johnstone, Inclusive Living

Recommended for OTs

Description:

This workshop will provide awareness, education and practical solutions on how the use of height adjustable lifting system can help create more accessible, adaptable and functional living environments. Applications will include new or existing (retrofitting) modifications, incorporate client's desired goals and outcomes, and will include discussions on how these products encompass the definition of home modifications / assistive technology. The workshop will also address how the adaptable design will respond to the changing needs of clients.

Eye Gaze

Presenter: Rachelle Baldock and Anna Bech

Recommended for OT and SP

Description:

This workshop will provide participants with an opportunity to explore the theory and practice of using eye gaze as a method of access for high tech communication and computer control devices. Three main areas are explored: procedures/systems to enhance the process and outcomes for client's; specific software features and settings useful to optimise, customise and accommodate for individual needs; and therapeutic strategies to support the development of client's skills and functional use of this method of access. The assessment and intervention phases will be explored that relate to emerging communicators as well as those with an established communication system or who have literacy.

Physical Literacy – Oh, the places you will go

Presenter: Renee Wind, Physiotherapist, Allambie

Recommended for PTs, EPs

Description:

"You're off to Great Places! Today is your day! Your mountain is waiting, So... get on your way!"

Come and see what 'Physical Literacy' is all about and my experiences as runner up in receiving the Annual Professional Development scholarship (and why you should apply too)!

CPA's Annual Professional Development (APD) scholarship fund is an amazing opportunity for employees to apply to attend a study tour to investigate an inspiring practice that is being successfully implemented overseas and that can be brought back to benefit CPA and our clients.

Sensory Sensitivities – Managing rather than remediating sensory processing challenges

Presenter: Dr Jill Ashburner, Manager, Research and Development at Autism Queensland

Recommended for Everyone

Description:

Accumulating evidence suggests that the atypical sensory responses of children can impede daily life participation. This paper will briefly cover the atypical sensory responses of children with a range of developmental conditions, with a primary focus on children diagnosed with autism spectrum disorder.

The selection of approaches to address sensory issues remains contentious. Remedial sensory interventions (those that aim to improve function by remediating the capacity to process and integrate sensory information) continue to lack empirical support and are often expensive, time-intensive, and difficult to integrate into family routines, and contemporary practice contexts.

This paper focuses on optimising participation through accommodation and self-regulation of sensory differences. A clinical reasoning framework is outlined that covers the following themes: (a) mutual information sharing and coaching, (b) adaptation of tasks or environment to accommodate sensory aversions or seeking behaviours, (c) sensory input embedded within routines to modulate arousal, (d) behavioural strategies for sensory-related challenging behaviours, (e) self-regulatory strategies, and (e) universal design principles to optimize sensory properties of shared environments. The focus is on occupation-centred, child- and family-centred approaches that optimize participation by accommodating sensory differences and supporting self-regulation.

Supporting People with Disability in Low and Middle Income Countries

This evening session will provide an opportunity to hear from a variety of colleagues around activities that are being undertaken to support people living with disability in low and middle income countries.

Further information to come.