



# ANNUAL THERAPY CONFERENCE

Wednesday 18 August 2021

time	PLENARY SESSIONS (Virtual)					
11:00	Introductions and Acknowledgment of Country Jo Ford					
11:10	Building positive relationships and hope when communicating difficult information Joan Bratel, Monica Toohey and others					
12:30	Lunch (round up at 1:20)					
1:30	Workshops (various)					
Great Goals = Great Gains	Bimanual therapy intervention planning	Taping in Cerebral Palsy	Mindfulness based practices in PBS	BAM – Balance Assessment Management	Eye Gaze Guidelines	
Allambie Training Room 4	Allambie Training Room 3	Allambie Training Room 2	Allambie Training Room 1	Prairiewood Training Room	Allambie Innovation Space	
Kellie Thompson, Louise Mason and Leanne Davies	Jane Berry	Dee St John and Claire Smart	Anders Hansson	Tammy Wolfenden, Therese Everton, Alex Bird and Amy Jones	Petra Karlsson, Nicky Arthur & Rachelle Baldock	
3:00	Finish					

## Building positive relationships and hope when communicating difficult information

**Presenters:** Joan Bratel, Monica Toohey, people living with disability

**Description:** Informing a family of their child's disability is a process rather than a one off event. We know from research that how information about the disability and the ongoing medical & therapeutic needs is communicated can have a profound effect on the wellbeing of the client and family as well as on the client/clinician relationship. This session will provide a set of guidelines and strategies to assist allied health professionals give accurate, realistic messages in a compassionate, safe and supportive manner, including:

- Discussing a diagnosis and providing assessment and prognostic information
- Responding to strong emotional reactions to difficult news
- Recognising when referral for further support may be required
- Working safely within the professional's scope or practice
- Self-care strategies

# Workshops

## Play activities for bimanual therapy sessions

**Presenters:** Jane Berry (OT)

**Recommended for:** Occupational Therapists who are currently delivering bimanual therapy intervention

**Description:** This workshop will involve observing and learning about toy and activity selection for bimanual therapy intervention based on goals. It will cover how to develop goals and then match appropriate toys and how to use them.

All participants will be required to participate in this practical workshop. This will involve **bringing one toy/activity that can be used during bimanual therapy** and describing what the goal may be, and how you would use it in a session (2-3-minute task).

There are two webinars to view before this session as pre-learning:

- 1) Bimanual Therapy Part 1 and Part 2: Training Alliance (online training):  
[https://elearning.trainingalliance.edu.au/mod/scorm/player.php?a=436&currentorg=Course\\_ID1\\_ORG&scoid=944](https://elearning.trainingalliance.edu.au/mod/scorm/player.php?a=436&currentorg=Course_ID1_ORG&scoid=944)
- 2) CP Toys Recorded webinar: Baby Bimanual Therapy Case Discussion  
<https://therapist.cptoys.org/education>

## Taping in Cerebral Palsy - Upper and Lower Limb

**Presenters:** Dee St. John OT and Claire Smart PT

**Recommended for:** Occupational Therapists; Physiotherapists; Exercise Physiologists; Allied Health Assistants.

**Description:** Some of the primary goal influencing factors we observe with children and adults with cerebral palsy include:

- Decreased range of motion OR risk of contracture
- Spasticity and/or dyskinesia
- Muscle weakness
- Decreased selective motor control
- Functional difficulty in the upper or lower limb

There are multiple therapy intervention options available depending on the type of cerebral palsy and how a client presents. In this workshop we will consider Taping as an intervention option for the upper and lower limb. Taping is seen as an adjunct to therapy and typically used with activity based, motor learning interventions.

### Learning Outcomes:

1. To understand the different types of tape and purposes of each
2. To understand different assessments used when considering taping
3. To understand indications for considering taping as an intervention
4. To understand the precautions and contraindications for taping
5. To understand primary taping techniques and how to apply tape to the upper and lower limb (practical session)

### Resources required to attend workshop:

Flexible /Dynamic Tape : recommended one Rocktape, <https://rocktape.com.au/>  
One pair of scissors.

## **Mindfulness Practices in the Positive Behaviour Support Context: From theory to Practice**

**Presenter:** Anders Hansson, Senior Consultant, Positive Behaviour Support

**Recommended for:** Any therapy staff who are working with people with behaviours of concern

**Description:** Supporting people with disability who engage in behaviours of concern is often challenging and subsequently can generate high levels of physical and psychological stress and if prolonged can lead to burnout and inadvertently maintain the impasse or further complicate the carer-client relationship. At the centre of Positive Behaviour Support is the principle that people with disability should be empowered to achieve and maintain their individual lifestyle goals and to have a good quality of life. "Mindfulness" has become a buzzword that pops up in all different contexts, and for good reasons, as it can have an immediate positive effect on body, mind and behaviour. Today's experiential workshop is an attempt to bring mindfulness-based practices into the context of providing positive behaviour support and other therapy services to people with developmental disabilities.

### **Learning Outcomes:**

1. Participants will have been introduced to mindfulness-based approaches and practices that they can integrate into their professional and private lives.
2. Participants will be able to explain the positive impact that mindfulness-based approaches can have on behaviour and relationships.
3. Participants will have learnt some simple mindfulness practices that they can share with clients and their support network.

## **BAM – Balance Assessment and Management**

**Presenters:** Tammy Wolfenden, Therese Everton, Alex Bird, Eliza Collier and Amy Jones

**Recommended for:** PTs and EPs

**Description:** This workshop will focus on balance assessment and management for individuals with a physical disability. We will look at the BESTest, and strategies for introducing yoga into your clients balance management plan.

The BESTest is a balance assessment aimed at identifying the underlying factors contributing to a person's balance constraints. The use of the BESTest in a clinical setting will be presented and discussed using case studies. An evidence based, group adult balance program will be reviewed and clinical utility at CPA discussed.

Yoga for people with disabilities has been increasing in popularity over recent years. Alex Bird will present her learnings from attending a recent yoga workshop and demonstrate practical yoga poses that you can incorporate into any clinical program - bring your yoga pants!

### **Learning Outcomes:**

1. Participants will be able to define balance
2. Participants will be able to identify factors contributing to a person's ability to maintain their balance
3. Participants will understand the clinical utility of Balance Evaluation Systems Test (BESTest)
4. Participants will be able to identify goal limiting factors for balance and link to treatment options
5. Participants will have an understanding of the principles of Yoga
6. Participants will develop practical skills in Yoga poses for clients with disability

## Introduction to the new Eye Gaze Guidelines

**Eyes on Communication: A Delphi Study to build consensus on content of clinical guidelines for assessment and implementation of eye-gaze control technology for children and adults with cerebral palsy**

**Presenter/s:** Dr Petra Karlsson, Nicky Arthur & Rachelle Baldock (OT)

Recommended for OT and SP

**Description:** Eye-gaze control technology has great potential to enhance communication and participation for people with cerebral palsy. However, there is little guidance on how to best utilise these exciting tools. Working with a stakeholder group of people with lived experiences of cerebral palsy, health professionals, technicians and researchers, a three-round international Delphi study was completed to reach consensus on the content of clinical guidelines for eye-gaze control technology implementation with children and adults with cerebral palsy.

In this workshop you will be introduced to the new guidelines ahead of their roll out and have the opportunity to discuss them and their clinical application. This will include reviewing available tools and discussion of the information contained that can be utilised to support funding applications.

### Learning outcomes

Participants will be able to:

1. Develop an in-depth understanding of the evidence behind the new guidelines
2. Analyse issues and solutions of the clinical application with the new guidelines, including the information contained that can be utilised to support an application to a purchaser or funding body
3. Contribute to a knowledge translation strategy of the new guidelines into clinical practice
4. Have an updated knowledge of tools available to support eye gaze and AAC services.

## Great Goals = Great Gains

**Presenter/s:** Kellie Thomson, Louise Mason and Leanne Davies

Recommended for Everyone

**Description:** Goal setting with clients and family's in the NDIS world is challenging but is **crucial** to providing a collaborative, client/family centred, evidence based, outcome focussed service. This workshop will cover ideas on setting meaningful, realistic functional goals with families/ clients that incorporate and consider the client/family life and multiple therapy needs.

A case study will be presented that focuses on:

- How collaborative goal setting with a family and therapy team can be conducted including use of the Family Goal Setting Tool (FGST).
- The challenges with collaborative goal setting and planning within the NDIS framework including funding limitations, team time constraints and high number of client needs/family concerns.
- Appointment structure and frequency based on functional goals determined.
- Identifying goal limiting factors and review timeframes to measure success/gains

There will be time for therapists to consider the above with their current caseloads, including group discussion and problem solving.

### Learning outcomes

Participants will be able to:

1. Understand how to conduct collaborative goal setting with a family and therapy team within current NDIS practice.
2. Identify relevant tools that can be used to assist with determining goals.
3. How to create achievable goals that will lead to client gains.
4. Identify how to work with families to prioritise and review goals.