

The Centered Space · Occupational therapist

Kate Hegley

BOccThy, AHPRA registered

Gold Coast · Online, Australia-wide

Best for

- Children with big behaviours
- Young boys who learn by moving
- Adults who have found it hard to connect with services

Email Liz · Call Liz 0433 040 049 · @otwithkatiee

I'm an occupational therapist with a lot of energy and a love of sport. In New Zealand, my work centred on children with big behaviours.

Occupational therapy areas I work in

✓ **Daily living (ADLs)** Dressing, eating, personal care	✓ **Home and community** Meals, chores, money, getting out	✓ **Sleep and routines** Rest and predictable days
★ **Sensory and regulation** Calm, regulated days	★ **Fine and gross motor** Hands, coordination, movement	★ **Play and social** Play, friends, joining in
✓ **School, study and work** Classroom, study, work	✓ **Mental health and wellbeing** Psychosocial support	◐ **Equipment and home modifications** Guided by Kelly

Who I see: ✓ Children ✓ Teens ✓ Adults

✓ Yes, I see people for this ★ A main focus for me ◐ Yes, with our senior clinicians guiding

What lights me up

Kids with big energy and big feelings
Connecting with the children others find hard to reach is what I love, and I stay calm when things get loud.

Sporty, active sessions
Young boys who learn by doing are my people.

Our groups, with Ella
Mindfulness and Movement for young adults, and Prep Pals for getting ready for school.

What's next
A LEGO group, and aquatic OT in pools and the ocean. Watch this space.

How I work

Connecting. I find what you love and start there

Engaging. sessions are active and fun

Steady. I stay calm when things get loud

Outside of work

Sport, the outdoors, and anything active.

What happens when you reach out?

1. Email or call Liz, our NDIS specialist. Ask for Kate by name.
2. Liz reaches out within 24 hours and checks we are the right fit. If we are not, she points you to someone who is.
3. If we are, Liz gathers your details, books you in and connects you with Kate.
4. Kate picks it up from there, and goals are set with you, in your words.

The team behind Kate. Nobody here works alone. Our speech pathologists, occupational therapists, key workers and allied health assistants work as one multidisciplinary and transdisciplinary team, and plan together around each person. Every Functional Capacity Assessment starts with a clinical consult with our senior clinician and our NDIS specialist before a word is written, and every report is read and checked before it is released.

Family first, always. Every plan is built around the people who matter most.



NDIS funding may cover OT where it aligns with the participant's goals and approved plan. Not all NDIS plans include OT supports.

How to start with Kate

Email Liz: liz@thecenteredspace.au

Or call Liz, our NDIS specialist, on 0433 040 049

@otwithkatiee

thecenteredspace.au/team

Ask for Kate by name in your email, and mention anything special you would like Kate to know.