

The Centered Space

Clinical lead and occupational therapist

Kelly Perfect

BOccThy, AHPRA registered

Gold Coast | Online, Australia-wide

Best for

- Complex mental health and psychosocial disability
- Home modification assessments
- Movement, dance and group programs

Email Liz | Call Liz 0433 040 049 | @otwithkelly

I'm an occupational therapist who loves to move, play and bring joy into therapy. I've spent around six years in complex mental health, and I lead our clinical team.

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** Assistive technology, safer homes

Who I see: ✓ Children ✓ Teens ✓ Adults

✓ Yes, I see people for this ★ A main focus for me

What lights me up

Mental health and psychosocial support
Walking alongside people living with complex mental health is what I love most.

Making home work for you
Home modification assessments, reports and applications for safer, easier access at home.

Movement, dance and joy
I'm head clinician of Dance x OT, where therapy goals meet music.

Building great groups
I love designing our group programs, and writing Functional Capacity Assessments that describe daily life as it is.

How I work

Play first. fun keeps the work engaging

Functional. every goal links to everyday life

Leading the team. so our groups and clinicians work to a shared standard

Outside of work

Dance, after 18 years of it, and anything that gets me moving.

What happens when you reach out?

1. Email or call Liz, our NDIS specialist. Ask for Kelly 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 Kelly.
4. Kelly picks it up from there, and goals are set with you, in your words.

The team behind Kelly. 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 Kelly

Email Liz: liz@thecenteredspace.au

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

@otwithkelly

thecenteredspace.au/team

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