

The Centered Space

Team leader and occupational therapist

Lucy Sutton

BOccThy, AHPRA registered

Gold Coast | Online, Australia-wide

Best for

- Children and teens who love to move
- Building confidence through joy
- Dance x OT

Email Liz | Call Liz 0433 040 049 | @otwithlucy_

I love making therapy joyful, and seeing people find what makes them smile. I love stepping out of my comfort zone to grow, and helping others do it too.

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

Dance x OT
Eighteen years of ballet, and nothing excites me more than therapy that moves to music.

Finding what makes people smile
Therapy built around joy, not only goals on paper.

Brave new steps
I love helping people step outside their comfort zone in a way that feels safe.

Our team culture
As team leader, I love looking after our clinicians so they can look after you.

How I work

Joyful. sessions people look forward to

Brave. small steps outside the comfort zone

Person first. your goals come first

Outside of work

The ocean, dance, and a New Zealand childhood.

What happens when you reach out?

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

The team behind Lucy. 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 Lucy

Email Liz: liz@thecenteredspace.au

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

@otwithlucy_

thecenteredspace.au/team

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