

The Centered Space · Occupational therapist

Phoenix Seu

BOccThy, AHPRA registered

Springfield Lakes and greater Brisbane

Online, Australia-wide

Best for

- People who need a calm, gentle approach
- Mental health and wellbeing
- Daily living, play and movement skills

Email Liz **Call Liz 0433 040 049** **@otwithphe**

I'm an occupational therapist with a calm, nurturing way of working. Some people need big energy to get going; others need someone grounding beside them, and that's where I work best.

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

Mental health and wellbeing
A calm, grounding presence for people who feel overwhelmed.

Daily living skills
Dressing, eating and personal care, made easier.

Play and social skills
Play, friendships and joining in, at a pace that feels safe.

Fine and gross motor
Hands, coordination and movement, built through creative ideas.

How I work

Gentle. we go at your pace

Creative. there is always another way to try

Growing. growing across areas of OT with our senior team behind me

What happens when you reach out?

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

The team behind Phoenix. 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 Phoenix

Email Liz: liz@thecenteredspace.au

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

@otwithphe

thecenteredspace.au/team

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