



OCCUPATIONAL THERAPY · FOR REFERRERS AND SUPPORT COORDINATORS

Occupational Therapy at The Centered Space



WHY YOU'RE HERE

You are referring someone for occupational therapy and want to know our scope, who we work with, and how we work.

So you can refer with confidence, for a child or an adult, knowing the whole picture is held.

IF YOU ONLY READ ONE THING

We do occupational therapy across the whole lifespan, children and adults, including adult home and living assessments, and we change the environment before we ask a person to change.

We are a neurodivergence-affirming allied health practice on the Gold Coast, working across the community, the clinic and Australia-wide by telehealth. Occupational therapy here is about doing the things that make up a life, for children and adults alike.

Who we work with

- **Children:** sensory processing and regulation, fine and gross motor, handwriting, play, self-care and school participation.
- **Adults:** daily living and independence, work and study, assistive technology, energy and fatigue management, and home and living assessments by an occupational therapist who specialises in it.
- **Across ages:** community access, life skills, and assistive technology, built in the settings where life happens.

How we work: the ecosystem comes before the therapy

We do not just do therapy. Before a single session, we look at the whole system around the person. If a key worker, a transdisciplinary plan, or help with NDIS supports is needed, we sort that first. Then the therapy works.

1 Understand the whole life

Daily living, the environment, and what the person actually wants



2 Stabilise the ecosystem

Coordinate supports, the team, and the NDIS where needed



3 Build goals with the person

Functional, first person, tied to real life



4 Therapy where life happens

Home, school, the community, the workplace, or telehealth



5 Review and adjust

We train the people around them, and we adapt as things change

What makes us different

- Environment first. We ask what needs to change in the room before we ask what needs to change in the person.
- Sensory accommodations are clinical, not optional, from the first appointment.
- Regulation before performance. Co-regulation is always the first job.
- No goals aimed at suppressing stimming or making anyone look more normal. The goal belongs to the person.

NDIS funding

NDIS funding may cover occupational therapy where it aligns with the participant's goals and approved plan. Not all NDIS plans include occupational therapy supports. We help families understand their plan in plain language, and we never bill anyone to navigate the NDIS.

How to refer

Send an enquiry at ot.thecenteredspace.au, or email admin@thecenteredspace.au. Tell us who it is for and what is going on, and we will reply with next steps, usually within one business day.

Your single next step

[Send an enquiry, or book a free OT consult →](#)



The Centered Space · Defensible, not loud. We acknowledge the Traditional Custodians of the lands on which we work, and pay our respects to Elders past and present.

TCS Document Standard · external · generated 30/06/2026