About Allay

Empowering people to lead
independent and meaningful lives.
With sustainable, satisfying
daily activities and relationships.

OUR VALUES

We are a team of occupational therapists, educators and therapy assistants who value:

- Innovation
- Empowerment
- Collaboration, and
- Sustainability

OUR APPROACH

Our approach will always ensure:

- Family inclusion
- Neuro-diverse affirming practice
- Commitment to Rights and Freedom from Abuse, Neglect, and Exploitation
- Strengths focus
- Trauma responsive
- Diversity and inclusion
- Resilience

PROVIDERS WITH

- NDIS Registered
- Endorsed Mental Health OTs
- Medicare
- Private Health Insurance
- Worksafe
- TAC
- Veteran's Affairs

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Level 4, 115-117 Myers Street, Geelong, VIC 3220

Mobile in Melbourne

Intake Form

ALLAY
OCCUPATIONAL THERAPY

Locations

GEELONG SURF COAST
BELLARINE TELEHEALTH
MELBOURNE

INFANT, CHILD, ADOLESCENT AND PARENT OCCUPATIONAL THERAPY

Supporting infants, children, parents and siblings through play, sensory integration, and developmental milestones.

We focus on emotional regulation, motor skills, learning, social interactions, sleep, behaviour integration, and feeding, all enhanced by comprehensive parent education and family resources.

Our services include individual and group OT, Bringing Up Great Kids, Polyvagal Listening Therapies, and more, ensuring holistic care tailored to each family's needs.

ADULT AND OLDER ADULT OCCUPATIONAL THERAPY

Empowering adults and older adults to thrive in work, study, driving, and community involvement, while also addressing household tasks, social learning, relationships, and personal identity.

Our neuro-diverse affirming and trauma-responsive services include Psychosocial Supports, Polyvagal Listening Therapies, Endorsed Mental Health OT, OT Driver Assessments, Functional Capacity Assessments, and more.

We are dedicated to providing compassionate, individualised care that honors each person's unique journey.

GROUP THERAPY

Group therapy provides a supportive space for individuals to connect, share experiences, and learn from one another, fostering a sense of community and collective progress.

Groups for infants, children and parents:

- School readiness
- Therapeutic art
- Social learning
- Bike riding
- Bringing up Great Kids

Groups for adolescents:

- Social learning
- Grade 6 to Year 7 transitions
- Preparing for VCE
- Executive function
- Therapeutic art
- Popculture and gaming
- Youth Mental Health First Aid

Groups for adults:

- Recovery Through Activity
- Life skills
- Adult Mental Health First Aid