



Allied Health Assistant (AHA)



VISIT ONE OF OUR OFFICES OR WE CAN COME TO YOU.

What is an Allied Health Assistant?

Allied Health Assistants (AHAs) provide ongoing therapy and program support for both children and adults under the guidance and supervision of an Occupational Therapist or Speech Pathologist or other Allied Health Professional.

Our AHAs hold a Cert III or IV in Allied Health Assistance or are Occupational Therapy and Speech Pathology students. All AHAs undergo the same intensive training and professional development as our Occupational Therapists, Speech Pathologists and other Allied Health Professionals and are supervised by experienced Occupational Therapy, Speech Pathology and other Allied Health Professional Managers.

How AHAs can benefit you?

AHAs charge a lower rate than Occupational Therapists, Speech Pathologists, or other Allied Health Professionals, which increases the number of ongoing therapy sessions available to you. This is perfect for skills training where repetition and ongoing practice are essential for long-term skill acquisition. AHAs can also assist in facilitating group programs which reduces program costs.

Due to ongoing skills shortages in most allied health professions, organisations providing these services have long wait lists. Engaging in AHA Therapy Programs under the supervision of an OT, Speech Pathologist, or other Allied Health Professional allows immediate access to needed services.

What does working with an AHA look like?

The Occupational Therapist, Speech Pathologist, or Allied Health Professional will complete an assessment to understand your goals and needs.

Where appropriate, they will then develop a therapy program for the AHA to implement with you based on your available funding for this service. A face-to-face session will be conducted by the Occupational Therapist or Speech Pathologist or other Allied Health Professional and AHA to discuss the program, answer any questions and commence therapy.

Progress will be reviewed by the Occupational Therapist, Speech Pathologist, or other Allied Health Professional at regular intervals and if expected progress is not being achieved by pre-determined timeframes.

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What types of therapy programs can AHAs facilitate?

- > Executive functioning including problem solving, planning, organisation, developing effective routines
- > Self-care and independent life skills including dressing, simple chores, shoelace tying, eating with utensils
- > Play therapy
- > Toileting training
- > Handwriting
- > Water exposure in preparation for swimming lessons
- > Gross and fine motor skills
- > Budgeting and money handling
- > Shopping and cooking
- > Support with dietician healthy eating plans
- > Public transport travel training
- > Sensory plan implementation
- > Emotion regulation and resilience
- > Supervision of exercise programs and other suitable physical activities
- > Literacy/reading skills
- > Social communication
- > Expressive language training
- > Receptive/comprehension training
- > Training/support in using Augmented Alternative Communication systems.

Where can you see an AHA?

ORS AHAs can see clients in our clinics/offices, at school, at home, or in other relevant community locations such as approved local swimming pools. Please note that travel is charged for all locations outside of ORS clinic/office locations.

Example of an AHA therapy program and cost

Session	Activity and attendance	Cost
Assessment	Occupational Therapist, Speech Pathologist or other Allied Health Professional completes an assessment, report (if required) and therapy plan	\$193.99 (per hour)
Session 1	Joint visit with AHA and Occupational Therapist, Speech Pathologist or other Allied Health Professional to commence therapy program	> AHA: \$86.79 (per hour) > Occupational Therapist or Speech Pathologist: \$193.99 (per hour)
Session 2	Therapy with AHA	AHA: \$86.79 (per hour)
Session 3	Therapy with AHA	AHA: \$86.79 (per hour)
Session 4	Therapy with AHA	AHA: \$86.79 (per hour)
Session 5	Therapy with AHA	AHA: \$86.79 (per hour)
Session 6	Brief Clinical Therapy Review with Occupational Therapist, Speech Pathologist or other Allied Health Professional and AHA to review progress.	> AHA: \$86.79 (per hour) > Occupational Therapist or Speech Pathologist: \$193.99 (per hour)
Session 7	Therapy with AHA	AHA: \$86.79 (per hour)
Session 8	Therapy with AHA	AHA: \$86.79 (per hour)
Session 9	Therapy with AHA	AHA: \$86.79 (per hour)
Session 10	Therapy with AHA	AHA: \$86.79 (per hour)
Session 11	Joint visit with AHA and Occupational Therapist, Speech Pathologist or other Allied Health Professional to review progress in therapy and to identify any ongoing therapy needs for NDIS review. Reports can be completed as needed.	> AHA: \$86.79 (per hour) > Occupational Therapist or Speech Pathologist: \$193.99 (per hour)

Note: This is an example only and does not include costs for travel if therapy is conducted in the community. Travel costs can be eliminated by conducting a therapy program in an ORS clinic or office. ORS may also charge for a maximum of 15 minutes no more than once per month, for a non-face-to-face Brief Clinical Therapy Review to ensure the therapy intervention is on track and allow for any adjustments required with clinical input from the Allied Health Professional.

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