

WHY CHOOSE CPEC

Specialised knowledge and skills

CPEC therapists are trained and mentored specifically to work with individuals living with neuromotor disorders and movement challenges, including people with communication challenges. The team have extensive knowledge and experience of successful approaches to enable learning to move, communicate and participate.

Innovative programs

CPEC group programs are a feature of our services and are available across the range of CPEC clients. The group programs are tailored to meet the individual movement, communication and specific age relevant needs of each participant.

Communication expertise

CPEC is an inclusive communication community with members using speech, sign and/or aided Augmentative and Alternative Communication (AAC). All CPEC team members respect the varied ways our community communicates and are able and ready to interact using a range of AAC systems and strategies.

Movement expertise

CPEC has internationally acknowledged skills in teaching movement. CPEC therapists engage with each person to work on their own goals, utilising strategies based on current research and clinical evidence. This enables each child or adult to learn skills and live life on their own terms.

Transdisciplinary

As a transdisciplinary service we bring specialists from different fields together to support each person. CPEC utilises a wide range of best practice strategies, depending on the needs of the individual and their family. The CPEC model is specifically designed to support the learning process of children and adults with motor disorders. It aims to work with the person as a whole rather than individual symptoms, to assist the person to be actively engaged in their goals and learn to move to the best of their ability, no matter how severe the disability.

Research

CPEC partners with Monash University to collaborate in an ongoing range of research projects focussing on supporting families to raise their child with a disability.

SUPPORT US

Donate

Donations to CPEC enable us to continue supporting clients by purchasing equipment and new technologies that are available for trial and loan. This equipment is essential to ensure that children in particular can access the equipment they need when they need it. Your donation will enable CPEC to continue to adapt and improve the activities that are vital in providing comprehensive high-quality services.



CPEC is a not-for-profit organisation and all donations over \$2 are tax deductible. There are several ways to donate towards CPEC and our services.

Fundraise or Volunteer for CPEC

If you would like to fundraise or volunteer for CPEC, please visit our website or call us to find out more.

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ABOUT US

Who are we?

We are an innovative and specialised therapy service based in Glen Waverley, Melbourne, with a key focus on 'learning for life'. All CPEC therapists will work with you to get the most out of life. We believe what's most important is what happens outside of therapy sessions – that's why our services are designed to be embedded into everyday life activities.

CPEC provides direct services to people (0-65 years) living with cerebral palsy and similar conditions that result in movement challenges.

Clients and families can choose to access services at our base in Glen Waverley, our new site in Deer Park (opening mid-2022) and in their own important places: home, childcare, school, and other community settings. CPEC supports families in their local environments all over Victoria. Telehealth services are also available.

What we offer

- ✓ Group Programs
- ✓ Individual Therapy
- ✓ Physiotherapy
- ✓ Speech Pathology
- ✓ Occupational Therapy
- ✓ Holiday Therapy Programs
- ✓ Family Support
- ✓ Assistive Technology
- ✓ School Support Services
- ✓ Aquatic Therapy
- ✓ Mollii Exopulse Suit
- ✓ NDIS Plan Support
- ✓ Parent and carer training



SERVICES

Physiotherapy

CPEC physiotherapists support clients to understand their movement challenges and implement strategies to meet their goals to improve movement and increase participation and enjoyment in daily activities. This includes:

- skill development, such as learning to move and developing new motor skills
- pain management
- assistive technology prescription
- assessment, referral and assistance with ongoing management of orthotics
- pre and post-surgical management
- linking into local services to increase motor skills, function, inclusion and participation.

Speech Pathology

CPEC speech pathologists work in partnership with clients to identify individual goals and provide a range of services including:

- development of communication and language – speech, keyword sign and gesture, Augmentative and Alternative Communication (AAC) systems including PODD communication books and speech generating devices
- safely managing mealtimes including eating, drinking and swallowing
- developing skills and confidence in social situations
- supporting literacy learning at home and school - reading, spelling and use of written language
- PROMPT therapy for motor speech impairments.

Occupational Therapy

OT is about enabling participation in everyday life and supporting people to be as active and independent as possible within their daily routines. The CPEC occupational therapists are skilled in supporting:

- self-care skills
- play and social development
- hand skills and the health of muscles around the hand
- skills for kinder, school, and work to support inclusion and active participation
- task and environment modification to increase access to chosen activities across a range of environments
- assistive technology prescription, including home and vehicle modifications
- access to technology, including alternative access methods like switching and eye gaze.

Individual Therapy

Individual therapy is tailored to the needs of the individual and may include support at CPEC, in the community, or via telehealth.

Group Programs

CPEC group programs are fully customized to meet the needs of the participants in the group. Individual solutions to the same activity are taught within the group program, with the added benefit of peer modelling and social connection.

Holiday Therapy Programs

A range of individual and small group programs are offered for 4-5 sessions over each week of the school holidays. This provides an opportunity for a client to work intensively on a specific goal or skill over a number of consecutive days, or maybe join in with a small group of children or young people who have similar goals to make learning really motivating and fun.

School Support Services

CPEC works with families and children to prepare them to enter the school system – local or specialist school. CPEC can provide ongoing assistance in local primary and secondary schools to the student and their school team. This can include staff training and support with access to curriculum and school events.

Aquatic Therapy

Aquatic physiotherapy enables clients to work on movement goals in a warm water environment. Together, the heat and buoyant effect of the water help relax tight muscles and enable practice in controlling movement. Contact CPEC for aquatic physiotherapy pool locations.

Mollii Exopulse Suit

Mollii Exopulse Suit is the latest innovation in electrical stimulation technology, and may help with movement challenges such as spasticity, hypertonia and sensory processing challenges. The Mollii Exopulse Suit and trained Mollii Exopulse therapists are exclusively available at CPEC. The Mollii Exopulse Suit is available for trial and hire.

Assistive Technology

There is a wide range of assistive technology available in the market; from wheelchairs to communication devices, vehicle modifications to accessible keyboards - the range of options can be overwhelming. Our experience lies in supporting clients through the entire process, beginning with working together to understand individual needs, facilitating trials, lodging funding applications and assisting final fitting