


















BlueRocket Therapy – Your First Appointment

👋 Welcome! At your first appointment, we want to get to know you. There are no right or wrong answers - you are the expert in your own life.

<p>About You</p> <ul style="list-style-type: none">👤 Your name, age, and what you like to be called★ Things you are proud of🎯 What you want help with right now	<p>Culture, Identity & Preferences</p> <ul style="list-style-type: none">🌱 Your cultural background or identity🗣️ Languages you speak❤️ Values, beliefs, or routines that matter to you
<p>Past Supports</p> <ul style="list-style-type: none">💡 Have you worked with therapists before (speech, OT, physio, counselling)?👍 What was helpful👎 What was not helpful	<p>Home and Living</p> <ul style="list-style-type: none">🏠 Who you live with (alone, family, housemates)🚪 Any parts of your home that are tricky to access☀️ Your long-term living goals
<p>Weekly Routine</p> <ul style="list-style-type: none">📅 What a normal week looks like😊 Things that go smoothly🌙 Times that are harder	<p>Tools & Supports</p> <ul style="list-style-type: none">📱 Devices or apps you use♿️ Mobility aids🎧 Communication or sensory tools

<p>Communication & Thinking</p> <p> Any difficulties being understood or understanding others</p> <p> Memory, organisation, or problem-solving strengths and challenges</p>	<p>Movement & Participation</p> <p> Challenges with walking, balance, or coordination</p> <p> Any barriers to getting out and about (pain, fatigue, anxiety)</p>
<p>Daily Living</p> <p> Eating, cooking, shopping</p> <p> Dressing, grooming, hygiene, toileting</p> <p> Transport (driving, public transport)</p>	<p>Sensory, Emotional & Well-Being</p> <p> Sensory preferences (sounds, lighting, textures)</p> <p> How you manage change or stress</p> <p> Strategies that help you feel calm and regulated</p>
<p>Goals & Hopes</p> <p> What is going well</p> <p> What you'd like to change</p> <p> Something your child would love to do</p> <p> What life could look like in 6–12 months</p>	<p> Remember: You don't need to prepare a lot. We'll talk it through together.</p>

Need to change your appointment?

Contact us on 08 6384 4451 or hello@bluerockettherapy.com.au