

Occupational Therapy Supervision

with Andrew Charalambous



Whether you're finding your feet, working independently or managing a complex caseload, Elevate gives you dedicated time to work through the questions that matter to you. Develop your OT practice with Andrew, an experienced Occupational Therapist who has supervised OTs formally and informally for many years.

Why work with Andrew

Andrew's OT experience spans school, disability and community practice. He combines clinical work with leading Back to Basics Health Group, bringing a practical understanding of supporting colleagues and implementing recommendations with clients, families and teams. His structured supervision program aligns with the Victorian Allied Health Clinical Supervision Framework.

Andrew holds a Bachelor of Occupational Therapy from La Trobe University. He founded Back to Basics in 2011 to support clients and carers more holistically across disciplines. That purpose informs his focus on meaningful participation and recommendations that fit everyday life.

An OT focus with a broader perspective

Andrew is also an Osteopath and Advanced Behaviour Support Practitioner. His broader clinical experience helps you explore how physical capacity, sensory needs, behaviour, task demands and environments influence occupational participation.



Support matched to your stage of practice

Bring a case, a draft report, an unresolved question or something that has not gone as expected. Together, you and Andrew examine your reasoning, consider other perspectives and agree what to explore or try next. Reflection and practical coaching are shaped around your goals.

Where you are in your practice	What supervision can focus on
Early career or new to a setting	Structure assessment and goal setting, connect findings to intervention and recognise when to seek further input.
Consolidating your practice	Explain clinical reasoning, strengthen reports and use feedback to refine intervention and recommendations.
Experienced practitioners	Test assumptions, examine complex participation barriers and consider alternative approaches to persistent challenges.
Senior clinicians and team leaders	Give useful clinical feedback, support colleagues' reasoning and reflect on clinical oversight and leadership.

These are flexible learning needs, not fixed year bands. Your introductory call explores whether Andrew's experience fits your caseload and goals, including any specialist areas.

Interested in adding behaviour support to your practice? Andrew can also discuss transferable OT strengths and further learning needs. This is an optional focus, agreed around your goals.

Supervision connected to your OT practice

Working with different ages and life stages

Andrew's experience includes children, adolescents, adults and families across disability and community settings, including school-based OT. Discussions keep the person's priorities and participation central.

- **Children and families:** play, self-care and school participation, with practical collaboration between families, educators and therapists.
- **Adolescents and transitions:** changing roles, routines and autonomy as education, services and everyday expectations change.
- **Adults and support teams:** meaningful activities, daily living, choice and participation across home and community settings.

Discuss specialist populations, presentations and assessment topics during the introductory call to establish fit.

What you can work on together



Soft tissue OT can also be explored in relation to functional goals and participation.

An example of supervision in practice



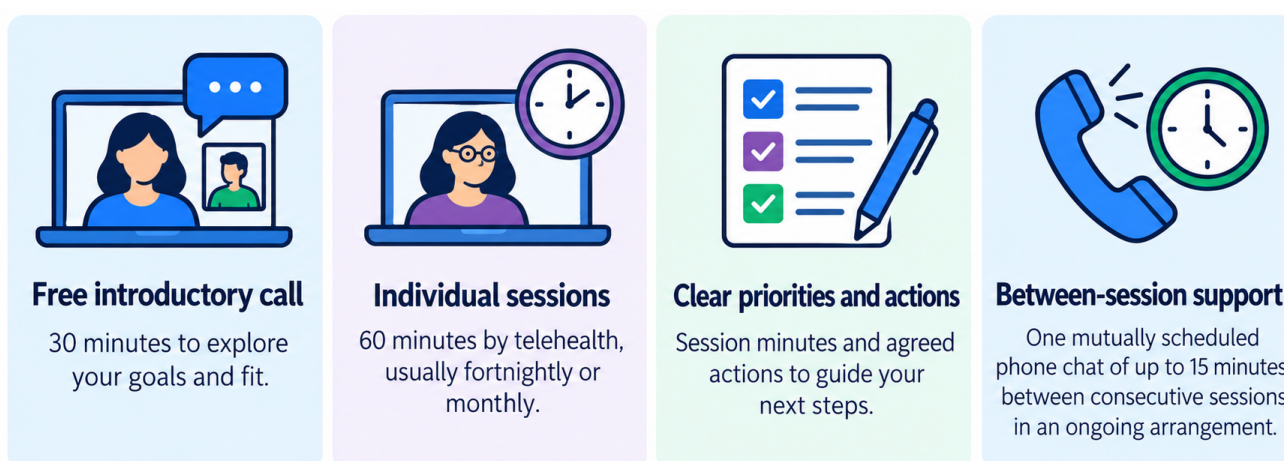
Optional extras for focused feedback

Document or report review: feedback on an agreed functional assessment, OT report or intervention plan can highlight clear reasoning, gaps in evidence or explanation, and priorities for revision. Review depth and feedback format are agreed beforehand.

Observation with feedback: work on assessment interviewing, explaining recommendations or coaching a carer. An agreed observation and debrief identify strengths, areas to develop and practical actions to try.

Both extras are available by arrangement. The hourly rate covers the total agreed work, including preparation and feedback. Scope, deliverables and estimated cost are agreed beforehand. Travel costs are included in the quote before booking.

How it works



A structured supervision relationship

Start with a free 30-minute telehealth introductory call to discuss your goals and fit. If you proceed, complete a Supervision Agreement and Plan before the first paid session. Individual telehealth sessions last 60 minutes, usually fortnightly or monthly, with frequency agreed around your needs.

You agree priorities, receive session minutes and actions, and review progress together. A formal review takes place at 12 months. A detailed supervisee guide is provided once you join.

Support between sessions

Supervision includes one phone chat of up to 15 minutes between sessions, at a time mutually agreed with Andrew. Further professional support is billed in 15-minute increments, with work and costs agreed beforehand. The phone chat is scheduled support, not an urgent-response or on-call service.

What it costs

Fees

Service	Fee including GST	Charging basis
Introductory call	Free	30 minutes by telehealth
Individual supervision	\$242	\$220 + GST per 60-minute session
Additional professional support	From \$60.50	\$55 + GST per 15-minute increment
Document or report review	\$242 per hour	\$220 + GST per hour for the agreed review and feedback
Observation with feedback	\$242 per hour	\$220 + GST per hour for agreed preparation, observation and feedback

All fees are in Australian dollars. The included phone chat forms part of your supervision. Optional extras are charged separately and any travel costs are quoted and agreed before booking.

Scope and clear expectations

You retain responsibility for your clinical decisions, reports and professional scope. Agree the fit for specialist caseloads and assessment topics during the introductory call. Andrew conducting an assessment, providing formal sign-off or delivering supervision for a regulatory purpose requires separate discussion before booking. Business consulting and audit preparation sit outside individual supervision.

Agree permissions and secure sharing arrangements before sending client documents or recordings. Employer funding does not automatically give access to session content, information sharing is agreed in writing. Detailed payment, cancellation and information-handling terms are provided before you commit.

Arrange your free introductory call

Send an email to elevate@backtobasicshealthgroup.com.au with your role, experience, the ages and settings you work with, and what you would like from supervision. Include a few suitable times for your free 30-minute call.