



## CHILD DEVELOPMENT SERVICES



*Committed to helping children achieve optimum function & well being*

# CHILD DEVELOPMENT SERVICE

- The CDS team is committed to helping children achieve optimum function and well being.
- It provides therapy, management, and information, as well as support in the home and community in partnership with caregivers.
- All members of the team work closely with your family doctor, paediatricians, local Group Special Education services and associated organisations to provide an holistic approach to the care of your child.
- We are a district wide team, with therapists based at Nelson and Wairau Hospitals, that offers advice and guidance to whanau and families of newborn children to school leavers.

## WHAT TO EXPECT

At your child's first appointment the therapist will carry out a thorough assessment.

If appropriate, a therapy programme will be developed, in partnership with you, your child and where relevant, your child's school.

Your therapist will continually re-assess and adapt this programme to suit your child's changing needs.

Where appropriate one of the following may be offered:

Individual sessions where individually designed activity programmes are carried out. These are monitored and evaluated at regular intervals.

Group Therapy set exercises or games with a small group of children of a similar age and needs.

Hydrotherapy exercises/ therapy programmes carried out in a heated pool.

# THE TEAM

## PAEDIATRIC PHYSIOTHERAPISTS

Have specialised training assisting children who experience challenges with movement, motor skills, coordination and respiration. They facilitate post operative rehabilitation and provision of orthotics, mobility aids and postural management equipment.

## VISITING NEURO-DEVELOPMENTAL THERAPISTS

Are registered Physiotherapists or Occupational Therapists with postgraduate experience and thorough knowledge of child development. They specialise in children under 5 years of age and provide a holistic approach to your child's development.

Based in the community, they work with children in their homes, and visit preschools or any other facility as requested by caregivers.

## OCCUPATIONAL THERAPISTS

Specialise in assisting children to develop skills in the areas of self care, school and play. This includes: fine motor skills, dressing, handwriting, visual perception, sensory, behavioural / attention and social skills. They also provide an assessment and advice on wheelchairs, household equipment, housing and vehicle modifications.



## SPEECH & LANGUAGE THERAPIST

Provide services for children with disabilities who have feeding or swallowing difficulties. This may also include supporting students with alternative forms of communication, such as signing and communication devices.

## SOCIAL WORKER

The Paediatric Disability Social Worker offers support with parenting issues, financial or practical difficulties, stress and advocacy for children & their whanau / families.

# REFERRALS

The CDS will accept referrals from GPs, Paediatricians, or other allied medical professionals.

## HOW OFTEN WILL MY CHILD BE SEEN?

The number and frequency of visits varies according to the individual needs of each child.

Your therapist will discuss any changes to the time and frequency of visits.

It has been found that children respond best to a programme of activities or exercises that can be incorporated into their normal routine at home or in school.

## WHERE WILL MY CHILD BE SEEN?

We will arrange to see your child in the most appropriate setting, including:

- Home
- School
- Playgroup
- Child Development Centre
- Hospital, Hydrotherapy Pool

If you have any comments that may enable us to provide a better service please contact us at the below address.

Should you want to make a formal complaint please contact the Complaints Co-ordinator of Nelson Marlborough District Health Board.

**Child Development Services**  
Nelson Hospital, Private Bag 18, NELSON 7040  
Phone: 03 546 1211 ~ Email: [CDS@nmhs.govt.nz](mailto:CDS@nmhs.govt.nz)