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HEALTH PATHWAYS

FOR KIDS:

A USER'S GUIDE

3 Broad Areas of Concern



- Early Childhood Development
- Behaviour
- Later School-based Learning

Broad Areas of Concern



- Is this normal or not?
- What do I do?
 - ✦ Breath
 - ✦ Refer to the Health Pathways

Health Pathways for Kids



- Developmental Milestones

- ✧ <https://actsnsw.healthpathways.org.au/12645.htm>

- Developmental Concerns

- ✧ <https://actsnsw.healthpathways.org.au/74922.htm>

- Behavioural Concerns

- ✧ <https://actsnsw.healthpathways.org.au/91077.htm>

Child Development



Developmental Milestones



- Early Child Development
 - ✦ from 3 months to school entry
 - ✦ tick box checklists

<https://actsnsw.healthpathways.org.au/index.htm?12645.htm>

Developmental Milestones



- Work out 2 things:
 - Is there a single area of delay or more?
 - Should I be worried?

Red Flags



- Red flags for referral
 - <https://www.childrens.health.qld.gov.au/wp-content/uploads/PDF/red-flags.pdf>

Developmental Milestones



- Need more information?
 - ask the parents
 - ✦ PEDS –10 item parental questionnaire (5 min)
 - ✦ ASQ – 30 item parental questionnaire (10-15 min)
 - ✦ Scored by practice nurse or M&CH nurse

Helpful Hints to know Before you Refer



- There's no such thing as a one-stop shop
- There is a lot that can be done without a specialist referral
- If a specialist referral is needed, there's lots that can be done while you're waiting

Where to Refer?



- Screening audiometry if speech delay
 - ACT Health Nurse Audiometry Service
 - ✦ via Community Health Intake
 - phone 6207 9977
 - <http://www.health.act.gov.au/sites/default/files/GP%20only%20Referral%20form.pdf>
 - Australian Hearing
 - Private Audiometry

Where to Refer?



- Get the family to come back after the hearing test
 - even if the result is normal
 - *especially if the result is normal
- If the result is abnormal, consider ENT referral

Where to Refer?



- There is still a lot more that can be done without a specialist referral

Where to Refer?



- Private vs Public services?

Where to Refer?



- Publically funded services
 - ACT Child Development Service
 - ✦ Intake Line 6205 1246
 - ✦ <http://www.communityservices.act.gov.au/childdevelopmentservice>

Where to Refer?



- **Private Services**
 - many and varied
 - Capital Health Network Provider Directory
 - past professional contacts
 - patient's family or friends recommendations

ACT Child Development Service



- Back to the ACT Child Development Service
- for ACT based children aged 0-8 with developmental concerns
- allied health providers
 - excluding nutritionists



But not if they already have an NDIS package!!

....more on this later

(....and not if they live in NSW either)

ACT Child Development Service



- Drop-In Clinics

- Speech

- ✦ http://www.communityservices.act.gov.au/__data/assets/pdf_file/0012/1002045/Speech-Pathology-Drop-In-Clinic-Timetable-2017.pdf

- Physiotherapy

- ✦ http://www.communityservices.act.gov.au/__data/assets/pdf_file/0014/1002047/Physiotherapy-Drop-In-Clinic-Timetable-2017.pdf

ACT Child Development Service



- Drop-In Clinics as pathway to the NDIS
- but
 - family will need support through the process
 - child will still need formal assessment and investigation of delays

ACT Child Development Service



- Other programmes

- Group-based Parent Workshops – information and for parents/carers e.g. “Is Your Toddler Talking?”
- Group Programs for Parents and Children – e.g. Early Language Groups for 0-3; Happy Hands Group
- Physiotherapy Pathways
 - ✦ Premmie Pathway (<30 weeks <1000gm)
 - ✦ Toe Walking
- Developing Kids Playgroup

ACT Child Development Service



- Consultation, information and linkages
 - working with families to refer them to other services and other agencies as required
- ...but no ongoing therapy

ACT Child Development Service



- Autism assessment
 - For children up to age 12
 - ✦ Prerequisites for assessment
 - hearing test
 - cognitive assessment (via school psychologists if school aged)
 - paediatrician consultation (private or public)

ACT Child Development Service



- If family has already been found eligible for, or is already accessing the NDIS
 - refer to private provider list for allied health and community support services
 - refer to paediatrician (private or public) if specialist medical involvement is needed

Child Behaviour



Behavioural Problems in Children



- Behavioural Concerns

- ✦ <https://actsnsw.healthpathways.org.au/91077.htm>

- DON'T rush

- resist pressure (parental and your own) to quickly offer a diagnosis and medical management
 - there is rarely a simple medical solution

- DO consider the child's behaviour in the wider context of family, school and community



- Offer family support measures first
- Child and Family Centres
 - <http://www.communityservices.act.gov.au/ocyfs/childandfamilycentres>
 - Tuggeranong, West Belconnen, Gungahlin
- What do they do?
 - Build family capacity and resiliency to support their children
 - ✦ Housing and financial stress
 - ✦ Parenting stress
 - ✦ Family breakdown/violence

Community Paediatric & Child Health Service



- **NGO support - eg**
 - Relationships Australia
 - Marymead
 - Uniting Care
 - Belconnen Community Services
 - Gugan Gulwen
- **Onelink**
 - esp Housing support
- **Others**

Community Paediatric & Child Health Service



Community Paediatric & Child Health Service



- referrals for children up to 16 years age
- ACT or regional NSW
- for medical investigation and management of children
 - with developmental delay or intellectual or physical disability
 - with behavioural or emotional disturbances related to neuro-developmental or medical conditions

Community Paediatric & Child Health Service



- **most commonly seen conditions**
 - unspecified intellectual impairment
 - disruptive behavioural disorders
 - ✦ socio-environmental determinants*
 - ADHD
 - autism
 - specific learning disorders
 - cerebral palsy
 - others

Specialised Services



Specialised Services



- Child safety and protection concerns

- Child Youth Protection Services

- ✦ Mandated reporting 1300 556 729

- ✦ <https://form.act.gov.au/smartforms/csd/child-concern-report/>

- CARHU concerns interview

- Phone Intake 6244 2712

- sexualised behaviours

- ✦ <https://www.communities.qld.gov.au/resources/childsafety/foster-care/fpq-is-02-sexual-behaviours.pdf>

Specialised Services



- Mental health concerns
 - particularly self-harm, mood disorders
 - 'moderate to severe' mental health difficulties
- CAMHS
 - Phone Intake Line 6205 1971

Grey Areas



- Learning Disorders

- School counsellor first port of call
- Specialised learning support for dyslexia
 - ✦ Canberra Reading Clinic
 - ✦ Literacy for Life
- Beware non-evidence based therapies
 - ✦ Irlen, behavioural optometry, listening therapy, neuro-feedback

