

Kilbarrack Children's Disability Network Team Newsletter

December 2023



Message from the Children's Disability Network Team

Welcome to our second Children's Disability Network Team Newsletter. I hope everyone is looking forward to the Christmas break, and the children have posted all their lists to Santa.

Families can experience confusion and anxiety at this time of year with regards to preparing their child's application for a school placement. If you are hoping to apply for a school placement for September 2024 and you have any questions or queries, please do feel free to contact us and we will guide you as best we can. Please contact us on 01 8770531 or email CDNTKilbarrack@smh.ie.

We have included several updates from the team and a number of Community Resources you may wish to contact.

The team and I are delighted to have Ciara Sloane and Úna Quigley working with us as our Kilbarrack Family Representatives. Ciara and Úna had a significant impact on the way our second Family Forum meeting was structured by guiding us on what the parents and families wanted to hear about and be updated on. We look forward to continuing this positive working relationship into 2024.

I look forward to welcoming you all to our next Family Forum meeting, which we hope to run in Spring 2024.

Wishing you all a very merry Christmas, and a peaceful New Year.

Elaine Sweetman
Kilbarrack Children's Disability Network Manager



Updates about the Team



Team Composition

We are delighted to welcome three new team members who have joined in October, a Physiotherapist, a Social Worker and a Therapy Assistant.

The Children's Disability Network Manager and our Human Resources department continue to work together to advertise our vacancies and attract staff so we can improve the delivery of our service. We are working hard to fill our remaining vacancies in Speech and Language Therapy, Occupational Therapy and Psychology. If you know of anyone who may be interested, please encourage them to apply:

<https://www.rezomo.com/job/47031>



Missed Appointments



We know life is busy and unpredictable and can be even more challenging when you are parenting a child with additional needs. Unfortunately, 20% of appointments offered by our team are not attended, some at very short notice.

Please give us a call on 01 - 8770531 if you cannot make your appointment, at your earliest convenience. This will enable us to offer the appointment to another child or family.



Family Forum Updates

Thank you to everyone who attended the Family Forum meeting in September 2023. The Family Forum is an opportunity for parents to contribute their ideas about the services our CDNT provides and discuss issues. Our next Family Forum will be held in Spring 2024 - the exact date is yet to be decided. Invitations for this Family Forum will be issued in due course.

Our Family Forum representatives, Ciara Sloan and Úna Quigley, attended this forum and they were a great support to both the CDNT and parents at the event. We look forward to continuing to work with Ciara and Una.

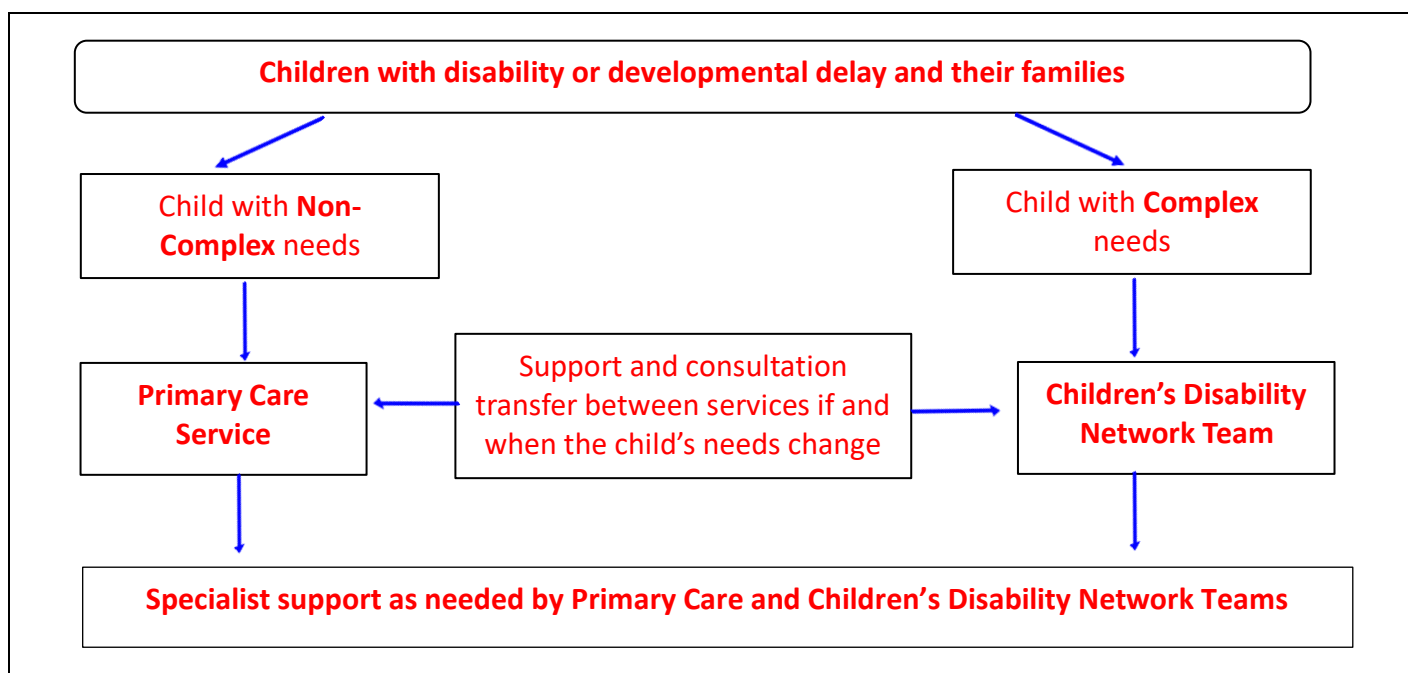
Feedback from our forum was positive, with 94% of parents confirming that they found attending the forum worthwhile and would recommend. In comparison, 4% of our total invited families attended the forum; this is approximately 30 families out of over 680 families. We would hope and encourage more parents and guardians to attend in Spring.

In preparation for our next Family Forum, should you have any ideas or suggestions that you would like to include in this meeting, please feel free to share these with us via our team email account, CDNTKilbarrack@smh.ie.

Pediatric Services - What's the difference between Primary Care and CDNT?

We are often asked by parents about the difference between Primary Care and the Children's Disability Network Team, how children access either service and who will see them sooner. The Irish healthcare system is complex and navigating it can be really challenging. We decided to dedicate some space here to answer these questions.

National Access Policy is the admin policy that pediatric services are operating under since Progressing Disability Services (PDS) entered its the final stage or roll out in Dublin in September 2021.



Primary Care (PC) services have Occupational Therapy (OT), Speech and Language Therapy (SLT), Physiotherapy (PT), Psychology and Social work. They work with children who have **non-complex needs**. Children may need only one discipline, or may be all, but their needs are not complex enough that they need all the clinicians to be in one room to understand what the difficulties are. In such case children have **multiple** needs, not complex. Such children usually attend mainstream school, engage in extracurricular activities, have some limitations but function within the society well.

Children's Disability Network Teams (CDNT) consists of all of the disciplines mentioned above. They work with children with complex needs and often with dual diagnosis. It is the complexity of needs that requires more than one discipline to work together to understand one or more causes of difficulties that we see or provide interventions targeting multiple areas at the same time to support the child's needs.

All referrals that we receive are reviewed by at least 3 disciplines and we use a standardised scoring system to identify the complexity of needs to make sure the child is seen by the right team. Children's needs change and they may need to move between PC and CDNT. The child can attend only either PC or CDNT, and not both at the same time.

Sometimes we require support of specialist services such as Child and Adolescent Mental Health Services (CAMHS), Orthopedics, services for visually impaired or deaf children, to make sure we consult or refer to the experts in the field.

National Access Policy where you can find answers in more details is available here:

<https://www.hse.ie/eng/services/list/4/disability/progressing-disability/pds-programme/documents/national-policy-on-access-to-services-for-disabilities-and-developmental-delay.pdf>

Your child does not require to have an Assessment of Need (AON) completed to access CDNT, or in fact any of the above services.

Team Intervention Spotlight

Circus Club

This is a group set up by the Kilbarrack CDNT that is a series of Physiotherapy and Occupational Therapy intervention sessions for a group of young children. This group has been really successful for children to build confidence in movement, learn new skills from stretching and strengthening exercises, balance, handwriting and independence skills.

Neurodiversity

This group was run by our team for the first time in conjunction with the Coastal CDNT, and has been successful. This group was run for older teenagers, and explored the differences between being neurotypical and neurodiverse, and allowed for a space for teenagers with autism to explore their strengths and differences, meet other young people with similar communication styles and interests and understand their diagnosis better. This group was run by psychologists.

Aversive Feeding

This training is provided in two parts – firstly, some online training is completed. The second stage includes parents attending a training session, run by SLT, OT, Psychology and Dietetics. Topics dealt with include; Mealtime Anxiety, Food Play, Motivation and Reward System, Sensory Processing and Introducing New Foods.

Our team continue to develop their skills with the aim of being able to run more groups that are tailored to the needs of our children. Our plan for 2024 is to run more trainings and workshops that are specific to the needs of children that are on our waiting list.

Resources

Barróg Beaga – GAA programme for children with additional needs, age 4 – 12. This group takes place in Naomh Barróg GAA Club in Kilbarrack, Saturday mornings at 10am
Please contact Karl Spelman for further information – 086 162 7533.



JAM Card - Transport for Ireland

There are 3 message options to choose from:

- 1) Please be patient, I have autism
- 2) Please be patient, I have a learning disability/difficulty
- 3) Please be patient, I have a condition

The Jam Card assists customers using the public transport system and helps make their experience as stress-free as possible.

<https://www.jamcard.org/>



Sing & Speak music videos

Communicate Through Music

Music videos to help young children with speech or language difficulties communicate.

- FREE songs for 2 to 7-year-olds
- Easily accessible online
- Fun, personal, unique videos
- Fostering interaction
- Targeting communication

Connect with us and get free resources:

www.singspeak.org



Resources Continued

Resources for Families



As I Am

www.asiam.ie

Advocacy service and online resource for young people with ASD, their friends, families and professionals working with people with ASD.



The Ripple Effect

Baldoyle/Coolock etc. | Ph: Anne - 086 6038163

Drama, Karate, Sports, Social Group for Children with Autism, ADHD and Dyspraxia



Arch clubs

Different locations around Dublin eg. Bayside | www.archclubs.com | Main Ph. 0858676134 | archclubs.adm@gmail.com Social clubs for people of all ages with additional needs



Artane Coolock Family Resource Centre:

Parent Led Autism Network Dublin 5, 13 & 17

Parent Led Autism Network is set up to support parents of children with autism in the areas of Dublin 5,13,17. It started in September 2020 with some funding provided from Tusla Parenting Support. It provides expert talks online from Occupational Therapists, Speech and Language Therapists and other experts. It also hopes in the future to set up Parent Support

Groups in the three areas of Dublin 5, 13 and 17.

Getting in touch:

We have a Facebook page and a WhatsApp group and this will keep you in touch with all events and gatherings. If you would like to join the WhatsApp Group please ring us on the number below and we'll join you up

Tel: 085 1859774

Facebook: Parent Led Autism Network D5,13,17

Thank you for taking the time to read our newsletter, we hope you found it useful.
Please provide any feedback or any ideas for future editions to CDNTKilbarrack@smh.ie