

INFOSHEET



This info sheet is for education purposes only. Please consult with your doctor or other health professionals to make sure this information is right for your child. If you would like to provide feedback on this fact sheet, please visit: www.schn.health.nsw.gov.au/parents-and-carers/

NSW Paediatric Rehabilitation Services Referral Information for families

NSW has **three (3) specialist Paediatric Rehabilitation Services (NSW PRS)**. These are:

- Kids Rehab, The Children's Hospital at **Westmead**.
Phone: (02) 9845 0833
Fax: (02) 9845 0685
Email: SCHN-CHW-KidsRehab@health.nsw.gov.au
- Rehab2Kids, Sydney Children's Hospital, **Randwick**.
Phone: (02) 9382 0178
Fax: (02) 9382 0177
Email: SCHN-SCHRehab2Kids@health.nsw.gov.au
- HNEkidsRehab, Hunter New England KidsHealth, **Newcastle**.
Phone: (02) 4925 7868
Fax: Referrals to RIM: (02) 4923 6517

The three NSW PRS are working together to provide the
"right rehab care, with the right team,
in the right place at the right time".

How to refer

- A **doctor** who is able to tell us about your child or young person's needs should send us a referral.
- The doctor can write a **referral letter or fill in a form** that is available from the NSW PRS.

Eligibility criteria

- Your child or young person should meet the eligibility criteria **listed on the next page**.

What happens when the NSW PRS receives a referral

- NSW PRS staff will **read the referral**.
- We think about whether your child or young person's needs meet the criteria (listed on the next page).
- If we need more information, **staff will contact you** or the doctor who sent the referral.
- If your child or young person meets the criteria, we will contact you to talk about the NSW PRS appointment.
- If your child or young person does not meet the criteria, we may still be able to give you other ideas to help them based on the information provided and without seeing your child or young person. Staff will contact you to offer alternatives.
- **Waiting times** for appointments will be different for each child or young person and will depend on their needs.
- While you are waiting for an appointment and during your involvement with the NSW PRS, you should **continue to use therapies or services** that are already available to your child or young person.
- You can also continue to **look for services** your child needs but does not yet have.
- These services may be in the community, at a local health district or hospital, in a private practice or funded through the National Disability Insurance Scheme (NDIS).

Eligibility criteria

There are **seven criteria** we use to decide if NSW PRS are the right team, with the right services for your child or young person at this time in their health journey.

Each of these criteria are described in detail below.

1. Health condition

- Your child or young person has a health condition.
- A health condition might be:
 - an **injury or illness that has occurred** (e.g. brain injury, amputation, cancer)
 - a **condition present from birth** (e.g. cerebral palsy, spina bifida, genetic disorder).
- NSW PRS does not exclude any specific health condition but we may not be the best service to help your child or young person. If we know other services that are better suited to your child or young person's health condition, we will suggest them.

2. Address

- The NSW PRS see children and young people who live in **NSW or ACT**.
- The NSW PRS sometimes see children and young people who **live interstate or overseas** for highly specialised rehabilitation programs.

3. Age

- The NSW PRS see children and young people aged **0-17 years**.
- For young people aged 16 years and over referral to adult services would be considered especially if the young person has left school.
- **Ante-natal** referrals are considered if it is likely the child will meet the other criteria when they are born.

4. Rehabilitation goals

- NSW PRS provide **goal directed** care.
- At the time of referral, we would like to know what goals the NSW PRS team can help your child or young person, and/or your family, achieve.
- Examples of goals include:
 - improve your child or young person's ability to move around safely
 - learn about new treatments or therapies
 - receive advice about working with multidisciplinary services
 - work on ideas to improve your child or young person's learning and friendships
 - receive education about future expectations and needs for your child or young person.

5. Need for a Paediatric Rehabilitation Medicine Physician

- NSW PRS are **medically led** services.
- Your child or young person needs to see a specialist rehabilitation medicine physician (doctor), in addition to the doctors already involved in their care.
- Examples of reasons to see a specialist rehabilitation medicine physician include:
 - leading a multidisciplinary team assessment
 - prescription of specialist equipment, orthotics or prosthetics
 - advice on specialist rehabilitation treatments
 - future planning to optimise development in young children who have or are expected to have a disability.

6. Activity limitations and participation restriction

- Your child or young person is limited or restricted in some way from doing the **things most children of the same age can do**.
- NSW PRS can also see very young children who are expected to be limited or restricted in their activities or participation in the future.
- Difficulties might be in areas including (but not limited to):
 - home life
 - talking and communication
 - moving and walking
 - dressing, eating and drinking
 - relationships with family and friends
 - day-care, preschool and school
 - participating in the community.

7. Need for multidisciplinary medical, nursing, allied health services

- Your child or young person **must need more than one kind of therapy or support**.
- Your child or young person might be currently receiving those services, or they might need them, but not yet have them.
- Examples of multidisciplinary supports they may need include:

- art therapy	- neuropsychology
- case management	- nursing
- child life therapy	- occupational therapy
- clinical psychology	- physiotherapy
- dietetics	- social work
- educational support	- specialist doctor
- music therapy	- speech pathology.