

**PATIENT INFORMATION**  
**Child Development Centre**  
**John Parkes Unit**

**Special Care**  
**For Special Children Booklet**

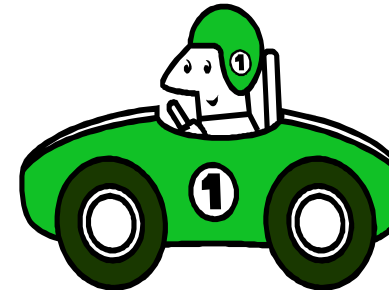


## Parking

### Contact Telephone Numbers

Reception desk	(01803 ) 656893
Nursery Nurses	(01803 ) 655549
Physiotherapy	(01803 ) 655547
Psychology	(01803 ) 655692
Occupational Therapy	(01803 ) 655585
Speech and Language Therapy	(01803 ) 655581

Parking is available at the back of the John Parkes Unit as signposted. You will need to obtain a car parking permit from the John Parkes Reception and place this in the windscreen of your car.



John Parkes Unit  
The Annexe  
Torbay Hospital  
Newton Road  
Torquay  
TQ2 7BA

## How to find us

### From Exeter/Newton Abbot

Take the A380 towards Torquay.

At the "English Riviera" roundabout (signposted Torquay straight on) take first exit.

Pull immediately into far right-hand filter lane. You will see hospital signposting from here.

At the traffic lights continue into old Newton Road.

At the mini-roundabout again turn left into the Annexe and the John Parkes Unit is on your right.

### From Torquay

Take the Newton Road out of central Torquay, towards Exeter.

At the third set of traffic lights past Torre Station, turn left Old Newton Road.

Continue along this road until you reach the mini-roundabout, turn right into the Annexe and the John Parkes unit is on your right.

### From Paignton

Take the A380 ring road until it ends at the "English Riviera" roundabout (signposted Torquay to the right and Exeter to the left).

The hospital is signposted from here.

Take the second exit off the roundabout.

Pull immediately into far right-hand filter lane. You will see hospital signposting from here. See directions above.

## Special Services for Special Children

Welcome to the John Parkes Unit—Child Development Centre.

We offer a service for babies and pre-school children with a wide range of needs and abilities. All children develop skills at different rates. Some walk or talk at a very early age, while others take a longer time to reach their developmental milestones. There are many other skills that children need to learn and may need a little extra help for them to acquire and develop. Some children have more complex difficulties to overcome and require ongoing therapy from our multi-disciplinary team to help them achieve their full potential.

An assessment at John Parkes Unit can help identify the areas where help is needed by looking at all areas of your child's development and build on the strengths that your child already has, as well as putting you in touch with all the services and resources helpful in your child's care.

## The Multi-disciplinary Team

The team includes Doctors, Speech and Language Therapists, Clinical Psychologists, Occupational Therapists, Physiotherapists, Nursing Staff and Nursery Nurses. We also work very closely with our colleagues in Education. Advisory Teachers help you to find playgroups and nursery placements best suited to your child's needs.

The Portage Service is a team of specially trained people who visit children with special needs in their own homes to work with parents and children on areas of development through play. When it is time to start thinking about school they will ensure that your child will have a smooth transition into nursery and school with the support that they may require. Our positive links with Health Visitors and Social Services help look at any support that you may need in the home. Children are referred to John Parkes Unit by one of our hospital Paediatric Consultants. We will then arrange a home visit by our Team Leader who will be the Nursery Nurse responsible for co-ordinating your child's care. She is accompanied by another member of our team. This gives us the opportunity to introduce ourselves, we will tell you more about the service we offer, listen to the concerns that you have and answer any questions. It is also an opportunity to see the child in their home environment.



## Travelling Expenses

If you or your child attends the hospital or John Parkes Unit for a medical appointment or therapy you may be entitled to a refund of the public transport or petrol costs that you have accrued.

To be entitled to claim you will need to be in receipt of Tax Credit, Income Support or Job Seekers Allowance. If you are not in receipt of any of these benefits about would like to request help because of low income you will need a claim for HC1.

To claim your travel expenses back, you will need to go to the Cashier's Office in the Outpatient's department on Level 2 of the main hospital. You will need to take with you your appointment letter or card, your letter of entitlement and proof of fares. Please ring the cashiers office for more information on (01803 ) 654508.

We may be able to arrange a hospital car for you. There will be a charge each way depending on the postcode you are travelling from.

Bringing your child to John Parkes or any other appointment is important, so please do not hesitate to ask if you have any questions or need any help.

## If your child is unwell

Please telephone the unit as soon as possible if your child is unable to attend. We are anxious that children attending the John Parkes Unit should not be exposed to the risk of infection.

If your child has had any symptoms of vomiting or diarrhoea, they will need to be clear of these symptoms for 48 hours before attending the unit.

Please feel free to contact us with any concerns about your child's attendance.



## Nursery Assessment

If we feel your child will benefit from being assessed by 2 or more of our team we will invite you to attend for assessment. The majority of our assessments take place on a Wednesday morning, depending on your child's age and developmental needs. This will usually take place over 3 sessions.

Our nursery groups are very small with up to 6 children in each session. Most sessions run for up to 2 hours 30 minutes but you will be advised about this at the home visit. We recognise that each child is unique and we therefore aim to tailor the assessment to meet your child's specific needs.

## Nursery Nurses

### What can we help with?

The Nursery Nurses role is to support you and your child during the nursery session. We can help to reassure and advise you and answer any questions you may have. We also help to co-ordinate the assessment with the appropriate therapists.

## How we work in the CDC?

On your child's first day you will be welcomed by one of our Nursery Nurses who will be working with you throughout the 3 week assessment process.

Much of the first session is spent settling in and getting to know your child. In the following weeks you will be seen by the appropriate therapists for your child. The majority of the time however, is spent within the nursery. The Nursery Nurses work very closely with the therapists carrying out play activities to help in specific areas of your child's development.

The Nursery Nurses will be observing your child's play skills and how they relate to other children and adults. This will be through a range of activities, including singing, snack-time and outside play. They contribute a report for the final assessment.

## Clinical Psychology

### What can we help with?

Clinical Psychologists are trained in child development, particularly development of cognitive skills (learning and reasoning), play skills and social and emotional development.

## Working in Partnership with parents/carers

We recognise that as parents/carers you know your child best, you are the most important people in your child's care. We will work alongside you and for you. We respect your views and wishes and will be flexible to accommodate your needs wherever possible. In order to work in partnership with you we encourage high parental/carer involvement. Children spend a large part of their time at home with the parents so you will have an opportunity to learn therapy techniques and play ideas.

Our aim is to help you to become more confident in managing your child's special needs.

## Above all we will listen



Some children may have their needs best met in the community with services closer to home or as outpatients. Other children may need continued therapy by 2 or more of our therapists and would benefit from continuing to come to the nursery. If this is the case we would offer you a place in one of our continuing nursery groups on a different day. It may occasionally be necessary to wait a short time until a place becomes available in a suitable group. We will continue to monitor your child's progress and may have further joint clinics to ensure their needs are still being met.



## How we work in the CDC?

The assessment we offer gives an overview of a child's development levels. This assessment of your child will be tailored to their individual needs and skills.

It will involve some combination of observation, direct assessment via play and talking with you about how your child is at home and about your observations or concerns. Sometimes we may offer a joint assessment with another therapist e.g. with Speech and Language Therapy, when we are looking at how your child relates to and interacts with others.

For many children who are having difficulties in certain areas of development this can be reflected in their behaviour. They may be more prone to frustration, may like everything to be on their own terms or may have difficulties with feeding or sleeping. As part of our assessment we may ask about your child's behaviour.

## Physiotherapy

### What can we help with?

A Physiotherapist will look at your child's motor skills, which includes how your child sits, walks and moves. We will provide ideas of how you can promote your child's development through activities. This may include provision of equipment or aids.

### How we work in the CDC?

When your child attends the CDC they may be assessed by a Physiotherapist within the nursery or in our separate therapy room. This process will involve us asking you as parents about any concerns which you may have relating to your child's development. After the assessment process if your child continues to require Physiotherapy they will continue to be seen as an outpatient for follow up.

## The Joint Assessment Clinic

At the end of the full assessment period you will stop coming to the assessment group, there will be a short break. Then we all meet together with yourselves, your Consultant Paediatrician and often your Health Visitor and any other professionals that are involved in your child.

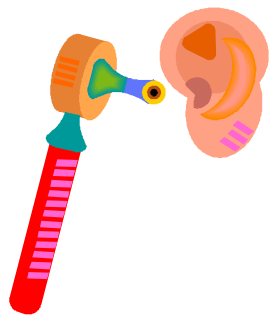
Each therapist involved in the assessment will have written a report which will have been discussed with you prior to this meeting. You will receive a copy of all the reports after the meeting and we welcome your own contribution. Having identified your child's strengths and any area which may need further therapy or help, we will agree a management plan with you as to the best course of action to assist your child in achieving their full potential.



## Other Appointments

As part of an overall assessment of your child's health and progress we arrange for hearing and vision checks. You will receive a letter inviting you to book an appointment at your convenience. Occasionally the date of the appointment may not be within the period of the main assessment.

A Consultant will look at the medical history and with your permission carry out any routine screening as necessary to complete a full assessment. This is to ensure that no underlying medical condition is over-looked. If blood needs to be taken we usually apply a 'magic' local anaesthetic cream which numbs the area beforehand. We hope this helps minimise any distress caused although children may still cry because they dislike being held still for the procedure.



## Speech and Language Therapy

### What can we help with?

Speech and Language Therapists help with assessing your child's speech, language and communication skills. This includes looking at

- play skills
- social skills
- how and what they respond to and understand
- how they communicate with you and other people
- what motivates them to communicate

Some children will have specific feeding and drinking difficulties, and they will be seen by a Speech and Language Therapist who specialises in this field.

From this assessment we will be able to look at how we can best support and encourage the development of these skills.

### How we work in the CDC?

The Speech and Language Therapist will assess your child in a number of ways

- Through observation in the nursery room and other settings, which may include home or pre-school
- in our separate therapy room

- Through formal testing (where appropriate ) using a selection of recognised test materials. This will normally take place during one of the assessment sessions
- Through discussion with you about your main concerns and experiences which enables us to understand more about what happens in real-life situations and helping you to make sense of the difficulties your child is having with communicating.

If it is felt that your child needs on-going support from the Speech and Language Therapy Service we will be able to provide this either through an on-going nursery at John Parkes Unit or through referring you to the Community Speech and Language Therapy team nearest to your home.

## Occupational Therapy

### What can we help with?

Through assessment we will be looking at your child 's functional and physical independence in the following areas:

- Fine Motor Skills
- Co-ordination Skills
- Self Care Skills i.e. dressing/feeding/bathing
- 24 hour postural care and advise on positions in play, rest and sleep

Need for specialist equipment i.e. seating, buggies/ wheelchairs

### How we work in the CDC

The Occupational Therapist will assess your child, either in the nursery room or in the adjacent Occupational Therapy room. We assess through observations and play.

If your child needs specialised equipment, i.e. supportive seating, we will assess them for the most appropriate equipment during their nursery sessions. We may need to carry out home visits.

Our intervention with your child will be based on shared goals that are agreed at the time of assessment.