

THERAPIES

Information for this section has been taken directly from NHS websites

Speech and Language Therapy

Children's Speech and Language Therapy is a community-based service to children and young people aged up to 18 years who live within and are registered with a GP in South East Essex (Southend and Castlepoint and Rochford Clinical Commissioning Group areas).

They aim to provide an evidence-based, friendly and approachable service that anticipates and responds to the needs of children that have or are at risk of having speech, language or communication difficulties. Therefore, they look at the current or future impact of communication problems before considering whether to accept a referral and the timing of any treatment needed.

Their team partners with parents/carers and other health and education professionals to support and empower them to ensure that children achieve their maximum quality of life and potential. They work hard to consider differing strengths and difficulties and find innovative ways to encourage the families to become active participants in their child's assessment and treatment.

Children and young people can have communication difficulties for many reasons, including developmental speech-language delay, speech and language disorder, Autistic Spectrum disorder, global developmental delay, complex physical or sensory needs, hearing impairment, stammering, or, on occasions, for no known reason.

When they accept a referral, they will provide a triage/assessment appointment to reach a diagnosis and then plan the most appropriate treatment approach (if necessary).

As all children are different, they work with you to individualise the best treatment approach for your child. This may include any of the following;

- ▶ Individual therapy in clinic with a Speech and Language Therapist or Speech and Language Therapy Assistant to work on specific skills or techniques and show you how to use these at home with your child
- ▶ Demonstration and advice as to how the environment at home/school/nursery can be changed to support your child to reach their communication potential
- ▶ A written programme of advice and work to be shared with home, school, preschool or other members of the team supporting the child or young person
- ▶ Input and targets into a multi-agency approach such as Team Around the Child or One Planning Meetings.

Speech therapists also go into SEND schools and schools with dedicated SEN provisions to provide SALT appointments on-site to existing Speech and Language Therapy patients.

There is a Speech and Language Therapist at the Lighthouse Centre who specialises in Speech and Language Therapy for Autistic children and young people.

How to get a referral to SALT

- ▶ You can access a referral to SALT through two different routes depending on your child's age; For children of preschool age – via any health professional completing an SLT referral form. Generally, we ask that your child's Health Visitor complete this form with you as they can provide copies of a short screening assessment (Teddy Bear Kit and/or ASQ 3) with the referral form to give us plenty of information to help us decide whether we are the best-placed service to see your child
- ▶ For school-aged children – via an EHA form completed by your child's school jointly with you. We ask for this form as it gives us lots of information about your child's communication concerns alongside how they are doing in general at school to help us decide whether we are the best-placed service to see your child.

What is Occupational Therapy

Occupational therapy can help babies, infants, children and young people grow, learn, have fun, socialise and play so they can develop, thrive and reach their full potential. Occupational therapy enables people to participate in daily life to improve their health and wellbeing. Daily life is made up of many activities (or occupations). Occupations for children or young people may include self-care (getting ready to go out, eating a meal, using the toilet), being productive (going to nursery or school, or volunteering) and leisure - playing with friends or doing hobbies.

How to get a referral for Occupational Therapy:

You will need to get a referral from your GP, paediatrician, or another health professional involved in your child or young person's care. Your child's school may also be able to refer your child. Please discuss your concerns with your child's teacher.

Physiotherapy What is children's physiotherapy?

Children's physiotherapy is the treatment and care of babies, children and young people from birth to 16 years. Children's physiotherapists bring their specialist skills as physiotherapists and have additional expert knowledge and experience of child development and childhood disabilities.

What do children's physiotherapists do?

Treatment is based upon an assessment of the child's needs and the formation of an individualised approach to physical management to maximise physical potential. Children's physiotherapists recognise the importance of working in partnership with the child, parents and carers to maximise a child's physical abilities and independence.

How to get a referral for Physiotherapy:

You will need to get a referral from your GP, paediatrician, or another health professional involved in your child or young person's care.

Your child's school may also be able to refer your child. Please discuss your concerns with your child's teacher.

Burr Hill Chase, Prittlewell, Southend-on-Sea, Essex, SS2 6PE

For children aged 5-16 years, who have specific needs and barriers to learning or behavioural difficulties;

<https://www.suttonhouse.org.uk/>