

# PATCHES

# Diagnostic Clinics



## Diagnostic Clinics

We are based in Nedlands and also deliver outreach clinics across WA for:

- Autism Spectrum Disorder,
- Fetal Alcohol Spectrum Disorder,
- Global Developmental Delay,
- Intellectual Disability and
- Mental Health Conditions.

## Clinicians

Our team of clinicians can include:

- Paediatricians,
- Clinical Neuropsychologists,
- Speech Pathologists.
- Occupational Therapists and
- Child and Adolescent Psychiatrists.

## Information Sheet

### What is the purpose of an assessment?

The main goal is to better understand the young person and give them the chance to have the necessary supports they need to support positive development at home, in school, and in the community. Sometimes a combination of features in a person fits a certain diagnosis, such as FASD, Autism Spectrum Disorder, Global Developmental Delay, or Intellectual Disability. This information is useful for caregivers and teachers to understand how to better work with and support the young person, based on what is known about strategies that are used in other people with similar features. Some diagnoses provide the young person and their school with access to funding and community services to support their development.

### What forms must be filled out before the day of the appointment?

- 1. Referral form:** PATCHES must receive a referral form completed by a GP or Paediatrician using the Medicare item numbers 721 and/or 723
- 2. Client information form:** To be completed by the parent/carer
- 3. Detailed child development questionnaires:** To be completed by the parent/carer and school. All our forms are on the PATCHES website: <http://www.patches-paediatrics.com.au/online-forms/>

### Why is there so much paperwork?

We see the young person for a small snapshot in time. The parent/carer, and often school/day care staff, know the young person best. Information about the individual's skills and behaviours at home and school is an important contribution to support the quality of the assessment.

### What will happen on the day?

The appointments can take around 3 to 4 hours including breaks. Families may want to bring some snacks. Parents/carers may be asked to complete some questionnaires during the appointments, which can help give the clinical team a better picture of the young person.

### What happens after the assessment?

A detailed report will be provided to the referrer after the appointment within a short time frame. We may ask who the report should be distributed to (e.g. school, GP). Legal guardians can distribute the report to whoever else may benefit from seeing it (e.g. NDIA). The report will also have recommendations and relevant referrals to other professionals. A follow up case conference or appointment can be scheduled to discuss the assessment results with a member of the PATCHES team and other relevant agencies. The cost for a report feedback is \$300 for a standard session. Costs to agencies will incur GST.

## Assessment Cost

**The total cost of assessment is \$3,000.** Families may be eligible for Medicare rebates. Costs to agencies will incur GST.

### What is included?

The clinic team includes a combination of professionals who are highly specialised in developmental conditions. Each member of the team meets individually with the young person and carers. Our one stop shop provides clients with the assurance that they will be provided a thorough, efficient and excellent service.

**The whole process includes:** specialist face-to-face time with the young person, analysis of test results and writing the report. The report is written in a way that makes sense to parents, school staff, and other agencies to maximise potential eligibility for other support services and funding.



# PATCHES

# Neuropsychology



## Clinical Neuropsychology assessments include:

- Neuropsychological assessments for clinical, medico-legal (e.g. insurance/medical, negligence/capacity) or forensic (e.g. capacity to stand trial) purposes
- Head injury and concussion
- Medical and neurodevelopmental conditions (e.g. ADHD, FASD, epilepsy, Cerebral Palsy, stroke)
- Intellectual Disability
- Autism Spectrum Disorder
- Social Pragmatic Disorder or Non-verbal Learning Disorder
- The impact of trauma and psychological/psychiatric difficulties on thinking and learning
- Giftedness



*Above: Dr Carmela Pestell, Clinical Psychologist / Neuropsychologist & Director of Neuropsychology at PATCHES.*

### Neuropsychological assessments

Because neuropsychological conditions can worsen or improve with time and treatment, assessments can be used to predict and enhance social, educational and vocational outcomes. A neuropsychological assessment can help plan a child's rehabilitation program by identifying their strengths and weaknesses. They are also used for decision making about a child's school placement and other areas of their life (for example, play, social activities and study or career choices). The assessments test specific skills using a wide range of activities. These skills include concentration, memory, visuo-spatial (e.g. jigsaws), language, problem solving, planning, organisational and academic abilities. Our Neuropsychologists work with children (from 4 years old), adolescents and young adults.

### How long will an assessment take?

Overall it may take 3 to 4 hours. A Neuropsychologist will spend time with the parent(s) to gain background information, such as early childhood history and how your child is performing at school. Note testing is done with your child alone. If you have more queries contact PATCHES.

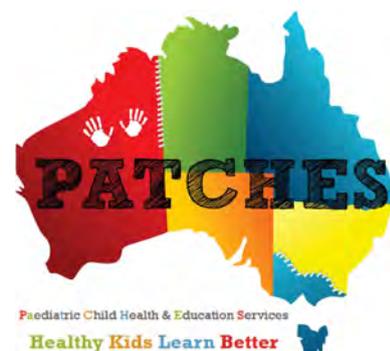
### What is a Neuropsychologist?

**Psychologists** are experts in human behaviour who have studied the brain, memory, learning, human development and how people think, feel, behave and react. **Neuropsychologists** specialise in brain behaviour relationships. For example, how thinking problems may affect a person's functioning at home, school or work.

**Paediatric Neuropsychologists** have advanced skills in the assessment, diagnosis and treatment planning of a range of childhood disorders. They are trained to understand the cognitive, emotional and behavioural effects of a wide range of conditions, including developmental, epileptic, psychiatric, degenerative, infectious, metabolic, structural and traumatic.

# PATCHES

# Therapy Services



Our Clinicians have experience with:

- Fetal Alcohol Spectrum Disorder,
- Autism Spectrum Disorder,
- Intellectual Disability,
- Global Development Delay and
- many other diagnoses.

Therapy Services include:

- Physiotherapy,
- Speech Pathology,
- Occupational Therapy,
- Carer Support Program,
- The Alert Program<sup>®</sup>,
- Positive Behaviour Therapy and
- Psychology and counselling.



## Programs

### The Alert Program<sup>®</sup>

How does your engine run? Does it run in high gear, low gear or just the right gear? Our engine levels go up and down throughout the day, which can make it hard to pay attention, learn, play and do the things we need to do. The Alert Program<sup>®</sup> teaches young people and their families about these alertness levels and provides practical strategies to help keep their engines running just right!

### Carer Support Program

The Carer Support Program is designed to help families and carers of children with Autism, FASD, early life trauma and other developmental challenges to understand their child's difficulties. The program is practical and highly informative. It helps families learn to cope with their feeling and experiences when caring for a child with challenging behaviours.

### Parents & Carers...

Does your child find it **hard** to get in the **zone** for learning, playing or paying attention?

Does your child **react to situations** in ways that are difficult for you to understand or manage?

Does your child have upsetting feelings, thoughts or dreams because of **negative past experiences**?

Would you like help to **make sense of your child** and their needs?

### Our Therapy Services deliver:

- Evidence based therapy (intensive, blocks and ongoing)
- Parent/carer training,
- Telephone/Skype support, and
- Assistance with purchasing resources.



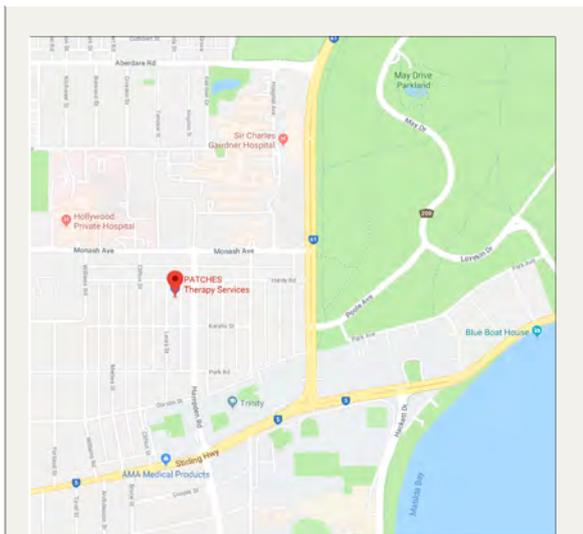
# PATCHES

## Locations



### Our Mission

PATCHES Paediatrics aims to deliver high quality child development and early intervention services to children and young people throughout Western Australia. We believe that everyone deserve the best possible health and education services.



t: (08) 6280 1259  
f: (08) 6208 3202



Broome: 0409 040 597  
Port Hedland: 0455 028 813

Perth Clinic:  
10 Leura St  
Nedlands  
WA 6009

Broome Clinic:  
Unit 1/50 Dampier Tce  
Broome  
WA 6725

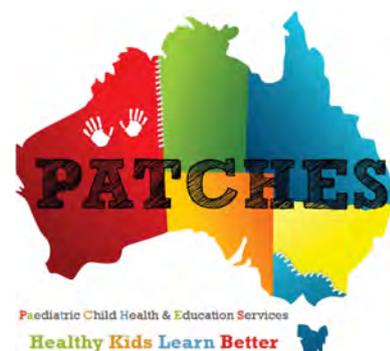
NEW  
Port Hedland Clinic  
Coming Soon!



Specialising in Autism Spectrum Disorder, Global Development Delay, Intellectual Disability, Fetal Alcohol Spectrum Disorder and many other diagnoses.

# PATCHES

## Carer Support Program



The PATCHES-Paediatrics Carer Support Program is designed to help families, carers and educators working closely with children and adolescents who demonstrate challenging behaviours, to better understand their behaviours and how these behaviours impact those around them.

The program is practical by design and highly informative. It helps individuals learn to cope with their feelings and experiences when caring and supporting a child or adolescent who demonstrates problematic behaviours, either within the home, the classroom or the playground. Carer Support goes beyond standard behaviour management strategies and concentrates on improving caregiving systems through knowledge-based strategies that almost anyone can adopt.

### Program Outline

The program can be undertaken in 6 or 12 individualised sessions for families/carers or as a group facilitated training workshop for educators.

- Identification of individual needs / pre-assessment
- Psychoeducation - empowering participants to understand the behaviours associated with conditions such as FASD, Autism Spectrum Disorder, early life trauma, intellectual disability and developmental delay (as applicable)
- Learning how to improve a child's attachment bonds and their role in relationships
- Developing self-awareness and understanding of how our own personal journey impacts on how we respond to challenging behaviours
- Changing our own thoughts and feelings to better reflect positive attachment and improve the child / adolescent / adult relationship
- Brain-based limit and boundary-setting compatible to children with developmental difficulties
- Post-assessment discussions and evaluation

**6 - 12 INDIVIDUALISED THERAPY SESSIONS\***

**\$1,200 - \$2,400 (+GST)**

\* In some circumstances families may be eligible to claim a Medicare rebate.

**GROUP FACILITATED TRAINING WORKSHOP**

**\$2,000 - \$3,000 per day (+GST)**

Up to 20 attendees, with 1 or 2 highly experienced Behavioural Therapists.

### Eligibility

Please contact a friendly PATCHES team member to discuss your child's eligibility. We can also assist you in accessing government funding for your family.



# PATCHES

## The Alert Program®



The Alert Program® for young children is a positive behaviour therapy program designed for children, families and educators. The program teaches about a child's alertness levels and provides strategies to help keep a child's internal engine (alertness) running just right.

The program focuses on improving a child's executive functioning and ability to self-regulate through helping a child understand how their own internal engine runs.

- \* *How does your child's engine run?*
- \* *Does it run in high gear, low gear or just the right gear?*

Our engine levels go up and down throughout the day, which can make it hard to pay attention, learn and play and do the things we like to do.

The Alert Program can be undertaken in either 6 – 12 individualised sessions for families, carers, or educators.

**Costs: 6 - 12 individual sessions = \$1,200 - 2,400 (+ GST).**



Some of our friendly therapists trained in positive behaviour therapy, David - Social Worker (above) and Aimee - Physiotherapist (below).



## PROGRAM OUTLINE



### STAGE: 1. Learning the engine words

#### Step 1: Introduction to the Alert Program®

- \* Adults and child gain an understanding the Alert Program® principles and start to learn the engine words.
- \* Adults and child begin to identify sensory strategies that are already being used as well as sensory sensitivities that child may have.
- \* Adults and child identify goals for the Alert Program® including times of the day where engines are high or low.

#### Step 2: Learning the engine words

- \* Adults and child learn: what does low engine, high engine, and just right engine look and feel like?



### 2. Changing engine speeds

#### Step 3: Experimentation

- Try out different sensory-motor strategies for changing low and high engines, and for keeping engines just right.



### 3. Regulating engine speeds

#### Step 4: Getting specific

- Goals: Identify and apply specific strategies that change the child's engine. Parents help the child practice strategies between sessions.

#### Step 5: Practicing sensory-motor regulation

- Goals: The child starts to identify his/her own engine speed and to implement sensory-motor strategies to change their engine. Families and carers help the child practice strategies between sessions.

