

Welcome to CDRP:

Children's Developmental Rehabilitation Programme

Introduction to CDRP

At CDRP, we believe that families know their children best. We understand how important the family and community are for children.

We respect children's and families' rights, unique needs and abilities to make informed decisions.

The care we provide reflects what matters most to our patients and families. This is called Family-Centred Care.

Facts about CDRP:

- CDRP provides services in the Hamilton Region to children up to age 19, and their families.
- CDRP is one of 21 children's treatment centres in Ontario.

How can CDRP help my child?

We can help your child with functional concerns.

Functional problems:

- Are any problems that get in the way of your child doing activities of daily living, such as eating, moving around, communicating or playing.
- May be related to neurological or developmental issues or concerns.

You, your child and family will work with clinicians from CDRP as a team. Together, we will plan the care and services that will meet the needs of your child and family.

Who are the members of the CDRP team?

You and your family will work closely with one or more of these clinicians:

- Physiotherapist (PT)
- Occupational Therapist (OT)
- Occupational Therapist and Physiotherapist Assistant (OTA and PTA)
- Speech-Language Pathologist (S-LP)
- Communicative Disorders Assistant (CDA)
- Early Childhood Resource Specialist (ECRS)
- Therapeutic Recreationist (TR)
- Social Worker (SW)
- Developmental Pediatrician
- Clinical Program Assistant

See pages 4 to 9 for more information about each clinician's role.

How do we get started?

After we receive your referral, we will call you and send a letter to confirm your appointment time or your placement on our waiting list.

If your child is less than 3 years old and has been referred to a team of clinicians, an Early Childhood Resource Specialist (ECRS) will arrange to meet with you at your home before you meet the team.

At your first visit you and your child will meet with one or more CDRP clinicians. You are welcome to have a family member or friend with you. This visit will last about 1 to 2 hours.

If your child is sick or you need to cancel for another reason, please call **905-521-2100**, ext. **44446** and your clinician will be notified.

1. Assessing needs

We will ask you to share information about your child and family. The clinicians (PT, OT and S-LP) will take turns asking questions, taking notes and playing with your child.

Asking questions and playing with your child helps us learn more about:

- Your concerns and expectations
- Your child's medical information
- Your child's physical, social, emotional, learning and communication development
- Your child's daily activities, such as sleeping, waking, eating and playing
- Your family's needs and supports

2. Planning care and services

Together, we will:

- Identify your child's strengths and needs
- Help to set goals
- Develop a plan of care that best suits the needs of your child and family

The plan of care is based on your child's functional needs within your family. This means we want to help with his or her daily activities. We will also provide education and training to help you find the best ways to help your child. Please tell us what works and does not work for you and your child.

The services your child needs may be one or a combination of the following:

- Individual sessions with one or more clinicians.
 - Therapy groups for children. These groups focus on play, movement, mobility and communication. Parents may or may not need to be there.
 - Parent education groups on a variety of topics.
 - Consultation to caregivers and others in the community.
 - Clinics such as the spasticity clinic, seating clinic, feeding clinics, Spina Bifida Clinic, Orthopedic Clinic and Motion Lab
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What is the role of the clinicians on the team?

Physiotherapist (PT)

The Physiotherapist will talk with you about your child's physical abilities. These may include: lying, rolling, sitting, crawling, standing, walking, running and jumping. You and the PT will consider the impact of your child's abilities on participation, play and everyday activity, at home and in the community.

The PT will share information about promoting your child's health, now and in the future.

The PT may be able to help you when there are concerns with your child's:

- Level of participation in play and physical activities they enjoy
- Movement about their home and community
- Level of physical activity and fitness
- Ability to move from one position to another
- Ability to keep their balance in different positions or activities
- Coordination (how your child's arms, legs and body work together)
- Strength and flexibility needed for their activities
- Posture and position during rest and play
- Level of comfort during sleep or activity

Occupational Therapist (OT)

The Occupational Therapist is concerned with how your child manages everyday activities at home and in the community.

The OT may be able to help when there are concerns with any of your child's 'occupations' such as:

- Self-care activities such as eating, dressing and using the bathroom
 - Play and enjoyment of leisure time
 - Using their hands - for example, holding and playing with toys, using a pencil or crayons and scissors, or using a computer
 - Taking part in chores at home
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- Taking part in community activities – for example, preschool, after school programs, interacting with others, volunteering, working, using family or public transportation
- Transportation to school, high school or adult services

Together the PT and OT may be able to help you with these concerns by:

- Providing suggestions about how you as a parent or caregiver can best help your child develop their skills, so they can live a meaningful life.
- Working with you and your child at CDRP and providing you with activities to work on at home.
- Making recommendations for environmental or equipment adaptations to help your child take part in activities or help with an activity that is difficult for them.
- Providing consultation to you, your child and/or a community program.

Occupational Therapist (OTA) and Physiotherapist Assistant (PTA)

After the OT and/or PT have assessed your child's needs, the OTA or PTA may help provide your child's treatment.

As assigned by your OT and/or PT, the OTA or PTA will:

- Work with your child to perform the OT and/or PT recommendations to help meet your child's goals

Speech-Language Pathologist (S-LP)

Babies begin to communicate on the day they are born! At first, babies use crying and smiling to tell us how they are feeling. As they get older, they add facial expressions, looking, body movements and sounds.

Many things influence a child's ability to understand what is said, to use sounds and words, and to put words together into correct sentences.

The Speech-Language Pathologist will look at the ways your child is communicating with you. If needed, the S-LP can provide ideas to help make communicating easier and clearer.

The S-LP may be able to help when there are concerns with:

- Words that do not sound clear
- How the muscles of your child's face, mouth and throat work for making sounds, drinking, eating and swallowing
- Hearing problems or many ear infections
- Behaviour problems such as if your child is easily frustrated from not being able to communicate their needs
- Communication affected by structures of the face and mouth, or tracheostomy

S-LP services from the CDRP are provided for children until they enter school. All S-LP services are part of the Regional Early Words Services.

Communicative Disorders Assistant (CDA)

When your child is receiving speech and language support from a S-LP and communication goals have been set, a CDA may help carry out the plans to meet your child's goals.

The CDA may:

- Provide therapy sessions to work on the goals the S-LP has set
 - Suggest ways that parents, caregivers and community partners can support these goals
 - Provide activity ideas for home
 - Communicate with the S-LP about your child's progress with the goals, as needed
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Early Childhood Resource Specialist (ECRS)

The Early Childhood Resource Specialist helps children up to 6 years of age, and their families. The ECRS can provide help in your home, in the community or at CDRP.

The ECRS can support your family with:

- Parenting strategies including routines, behaviour and play
- Information about community resources
- Collaboration with community service providers as needed
- Help with the process of child care
- Information about child development
- Access to sources of funding
- Support to manage community resources

Therapeutic Recreationist (TR)

The Therapeutic Recreationist may helpful with:

- Finding fun activities for and with your child in the community and at home that help with physical, emotional and social goals.
 - Providing you with updated community recreation program and camp information.
 - Making it easier for your child to take part in community programs. The TR can help with registration, training community staff to work with your child and ongoing support.
 - Helping to create new community programs to meet unmet needs.
 - One-to-one training such as riding a bike without training wheels or ice skating.
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Social Worker (SW)

The Social Worker helps families face the challenges of raising a child with special needs. The SW helps to meet your child's needs, and helps your family gain the skills and confidence needed to reach their potential.

The SW can provide services including:

- Supportive counselling for family or relationship issues
- Support to manage resources such as agencies and groups in the community
- Stress management
- Advocacy at school and in the hospital
- Practical information about housing, education, employment, financial support and discharge planning
- Group counselling to provide education and support for parents and siblings

Developmental Pediatrician

The Developmental Pediatrician is a doctor with special interest and expertise in children with disabilities. If needed, Developmental Pediatricians are available at the hospital or in the community. Talk to your child's therapist for more information.

The Developmental Pediatrician:

- Confirms or makes a diagnosis
 - Refers to other specialists who need to be involved
 - Discusses family issues. Advocates for and links to other services when appropriate
 - Regularly reviews the services involved with your child
 - May be able to help when there are concerns about:
 - sleeping problems
 - eating problems or general nutrition
 - medications for conditions such as seizures or spasticity
 - problems related to school
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Clinical Programme Assistant

The Clinical Programme Assistant provides many supportive activities by helping with:

- Equipment that is available for parents to borrow
- Maintenance and adaptations to CDRP equipment
- Planning, preparing and organizing activities for groups that are run through the CDRP

What resources are available to us at CDRP?

Some of these resources may be helpful right away while others may be used at a later date. Ask your child's therapist for information about the following resources:

The [CDRP website](#) has a wide variety of information including:

- recreation opportunities
- family education materials
- groups and workshops
- youth advisory committee
- upcoming events
- newsletter
- available interventions
- contact information and referral form

Go to www.mcmasterchildrenshospital.ca and click on 'Clinics and Services', 'A-C', then 'CDRP'.

The [Family Resource Centre](#) offers books, videos, DVDs and pamphlets and online health information. Visit the centre in the Ron Joyce Children's Health Centre (1st floor, main lobby) or go online at www.mcmasterchildrensfamilyresourcecentre.ca

The [CanChild Centre for Childhood Disability Research](#) is a research and educational center located at McMaster University. Their research focuses on improving the lives of children and youth with disabilities, and their families. CanChild has a large variety of materials for children and families online at www.canchild.ca

Social media sites, including the DPR Facebook page and Twitter account.

For recommendations specific to your family's needs, please speak with any member of your child's team.

What other activities take place at CDRP?

Teaching

- As a teaching hospital, we provide training for health care students. Students who work at CDRP come from McMaster University, and other universities in Canada and around the world. Each student works under the supervision of a fully-trained staff member.
- With your permission, students may be involved with your child's care.

Research

- Research is part of our work at CDRP. The research looks at health care delivery and usefulness of treatment.
- You may be asked to participate in certain research projects. A member of the research team will explain the project to you. You can decide whether or not you will take part.
- If you decide to take part, all information about you, your child and family will be kept confidential. If you change your mind, you can withdraw at any time. This decision will not affect your child's care in any way.

Quality improvement

- As part of McMaster Children's Hospital, we at CDRP strive to provide the best possible care to children and their families. We encourage feedback at any time and regularly conduct Client Satisfaction surveys.
 - Let us know if we are meeting your needs and how we can improve our services. Feedback from children, parents and families is important to us.
 - We are committed to hand washing and keeping a clean environment for children, families and staff. Please share any information necessary to help us meet this goal.
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When will my child be discharged from CDRP?

The length of time therapy services are received is different for each child.

Even if your child has long term needs you will not always need our services. There may be times when our clinicians help will be necessary. There will also be times when you won't have any special need for our services. You might even enjoy a break from them!

When there are no current needs, your child will be discharged from therapy services.

**If any needs arise in the future, call the DPR intake office at:
905-521-2100 ext. 77950
We will make every effort to provide timely service.**

Notes



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Notes





**CDRP is located at the
Ron Joyce Children's Health Centre:**

**325 Wellington Street North
Hamilton ON**