

HOW DO PHYSIOTHERAPISTS PROVIDE THESE SERVICES?

Physiotherapists work collaboratively with clients of all ages, their families and carers and other professionals in the home, school/preschool and community.

INTERVENTION IS PROVIDED THROUGH A VARIETY OF MEANS INCLUDING:

- Consultation/collaboration with client/ parent/ carer/ teacher/ other service providers.
- Individual intervention and programming
- Group programming
- Education and training.

PHYSIOTHERAPISTS IN DEVELOPMENTAL DISABILITY ARE EMPLOYED BY:

- The Department of Ageing, Disability and Home Care (DADHC)
- The Spastic Centre
- Department of Health
- Centacare
- Private Practices
- The Department of Education & Training

- Other Non Government Agencies

For information on how to contact a Physiotherapist suited to your needs contact your local Department of Ageing, Disability and Home Care office and ask for Disability services or the Community Support Team.

WHAT IS SPOT ON DD?

SPOT on DD is a group of Speech Pathologists, Physiotherapists, and Occupational Therapists who together aim to provide:

- promotion of best practice of therapy in the area of developmental disability.
- professional support
- continuing education information

FOR MORE INFORMATION ON SPOT ON DD WRITE TO:

SPOT on DD
P.O. Box 1222
PENRITH 2751

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Physiotherapy



Working with people who have a developmental disability



- Maintain motor skills

PHYSIOTHERAPY IN DEVELOPMENTAL DISABILITY

Within the field of developmental disability, physiotherapists work as part of a team to improve a person's ability to function in the family, at school/preschool, work, play and in the community.

The person with a disability can benefit from an assessment from a physiotherapist when:

- ◆ They have an identified neuromuscular condition such as cerebral palsy, which is likely to affect performance of functional activities
- ◆ They have no specific condition, however have difficulty performing functional activities which are appropriate for their developmental level.



- ◆ Some motor skills include transfers, moving about on the floor, sitting, standing,, walking, running, balance, jumping, ball skills, hopping, skipping, bike riding etc.
- ◆ The physiotherapist is able to determine which motor skills are appropriate for which person to learn and maintain.
- ◆ Physiotherapists are able to provide an indication as to what level a person's motor skills are at.

2. Monitoring the length of muscles and attempting to prevent the development of deformities:

- ◆ Physiotherapists are skilled at predicting which muscles are likely to become shortened, which joints and bones will be affected and how to help prevent or slow

PHYSIOTHERAPY CAN ASSIST IN THE FOLLOWING AREAS:

1. Motor Learning

- ◆ This involves helping the person to:
 - Learn new motor skills

this process down. They may use various methods including:

- Positioning programmes
- Active training
- Casting / splinting
- Orthotic prescription
- Parent/carer/teacher education
- Provision & adaptation of equipment

3. Recreational activities.

- ◆ Physiotherapists are able to:
 - Assist to increase health, physical fitness and endurance
 - Suggest local recreational activities that people can become involved in
 - Provide recreational hydrotherapy sessions

