

The Neurodevelopmental Service



Who Are We?

- We are a Community Paediatrics service for 0-18 year olds in Cardiff and the Vale
- We are closely linked with Child and Adolescent Mental Health Service (CAMHS)
- We are based at St David's Children's Centre and Llandough Children's Centre
- In our service are: Paediatricians; Occupational Therapists; Nurse Specialists; Clinical Psychologists; Speech and Language Therapists; Child and Adolescent Psychiatrists; Pharmacist, and Admin Assistants.

What Do We Do?

- Assessments with you and your child to understand their strengths and difficulties
- Offer advice and support to families
- Provide information about other services that may be helpful

Who Do We See?

- Children who may have Autism Spectrum Disorder (ASD) and/or Attention Deficit Hyperactivity Disorder (ADHD)
- Around 50% of the children we assess receive a diagnosis of ASD or ADHD, 50% have other identified needs

The Pathway

1. You have opted in
2. You have completed questionnaires
3. You might be waiting for your child's first appointment
4. Your child's first appointment will be with a paediatrician or if known to CAMHS, this will be with a psychiatrist

Your first appointment

You and your child will be seen together – if you don't want to talk about difficult things in front of your child, please bring someone with you to watch your child for part of the appointment

You will be asked lots of questions so we can find out what has influenced your child's development

The Assessment Process

- Every child is unique, so therefore, every assessment will be different
- The process tends to be longer when more assessments are required
- The goal is for your child to be seen within 6 months once you have returned the questionnaires

Neurodevelopment

Neurodevelopment means brain development. There are many different factors that can influence brain development. Genetics are one factor, but life experiences, drugs and alcohol during pregnancy, illnesses, separation and losses, and parents' emotional wellbeing can also affect neurodevelopment.

Examples of things this can have an impact on are learning, memory, interacting with others, friendships, managing emotions, attention, and concentration.

How to Prepare Your Child

- It can feel scary coming to the hospital
- Preparing them will help them know what to expect and feel less worried

Useful things to tell them:

- The doctor will want to get to know you by finding out about the things you are good at and like, and the things you struggle with.
- They might ask you about school, friendships and emotions.
- The doctor may listen to your heart, and check your weight and height and ask about your health.
- You won't be forced to do anything and there will be toys to play with whilst we all talk together.
- I'll be there if you are a bit nervous and will help you answer the questions

How Is The Decision Made?

- *Information is collected from:*
- *Questionnaires; parent interviews; observations of your child; specific assessments*
- *Multidisciplinary Team (MDT) meetings*
- *Consolidation and Interpretation of Findings (CIF) meetings where we discuss all the information we have and try and make sense of what might be influencing your child's difficulties.*

Some children do not easily fit into a particular category and are a puzzle that we need to unravel.

A diagnosis will not change your child or their behaviour, but it may help you understand them better and support them in the right way.

What Is A Diagnosis?

- A diagnosis is just a name we give to something to help us explain or identify it
- There is no simple test which helps us identify what might be causing a child's difficulties
- Our assessments are therefore based on careful clinical judgment

What Happens Next?

Your child may or may not receive a diagnosis, but we will hope to help you understand their needs

Once the assessment is complete, there may not be a further role for us, however, we will try to refer you to the right team or service to support your child where appropriate.

Many children are discharged if there are no further medical needs

Education

- *With your permission, we will let the school or education department know the outcome of your child's assessment*
- *This doesn't necessarily mean that your child will get extra support or receive a statement*
- *We do not have any control over this decision*
- *We will provide a report outlining your child's strengths and areas of need which may help school identify how best to support your child*

Who Else Can Help?

The Vale of Glamorgan

- *The Index* - <http://www.valeofglamorgan.gov.uk/TheIndex>
08005781014
- *Families First Advice line* – 0800 0327322
- *Families Achieving Change Together (FACT)* –
01446 729 640

Cardiff

- Cardiff Family Advice and Support
<https://www.cardiffamilies.co.uk/> 03000133133
- *Home start* – 02920 360 876

Vale of Glamorgan and Cardiff

- *Emotional Wellbeing Service* – 0800 008 6879
- *School support/specialist teacher teams*
- *Child Health*

If you feel you and your child are not ready for this assessment or you feel it is no longer needed, then please contact us and we can take you off the waiting list.

You can always be referred back at a later date. Our contact details are:

Neurodevelopmental Service, St Davids Hospital, Cowbridge Road East, Canton,

Tel: 02920 536 796



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