



WELCOME TO SOUTH MAYO CHILDRENS DISABILITY NETWORK TEAM (CDNT)

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Introduction and Key Points:



- We hope that this booklet will be a helpful resource for all families and especially families who have been recently referred to the service. The information in this booklet is intended to give a brief outline of available services for parents and children who are new to disability service.
- A National Programme called '***Progressing Disability Services for Children and young people***' is now being implemented throughout Ireland and it is changing the way that services are delivered. The aim is to make service delivery equitable and consistent for all in a family centred way.
- The Children's Disability Network Team (CDNT) provides specialised supports and services for children and young people aged from birth to 18 years old who have complex needs arising from a developmental delay or disability and to their families.

How to find us?

- Our Children's Disability Network Team in South Mayo is based in Cedar House (2nd Floor), Moneen Road, Castlebar, Co Mayo, F12 WP71 (see photo below). Team members work in family homes, schools and clinics throughout the region.

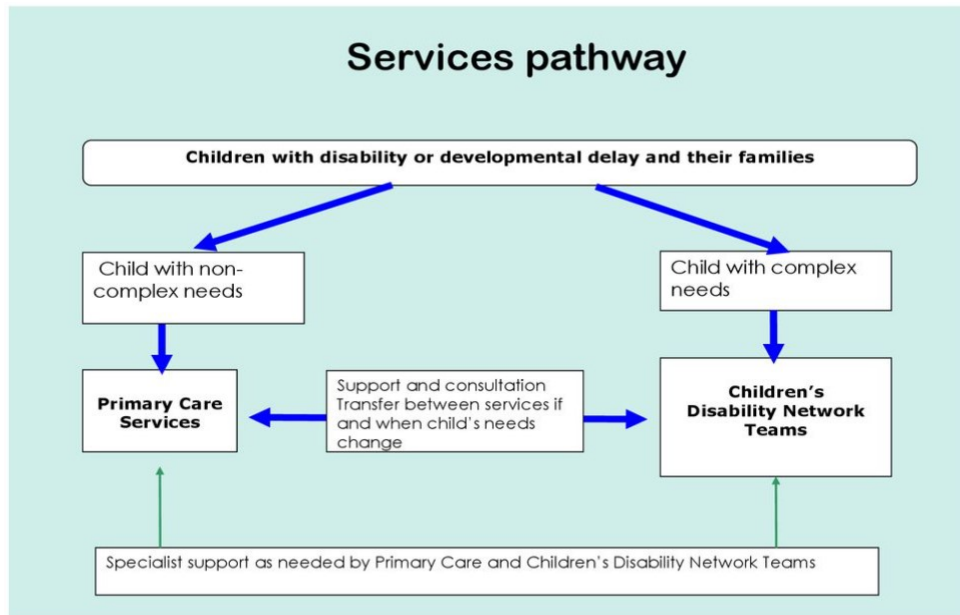


- **To Access Cedar's:** Please enter the door at the back of the building in the photograph where you will ring the 'CHILDRENS DISABILITY NETWORK TEAM' bell (on the right-hand-side of the door) to be allowed access by staff. When inside the building, you can take the elevator or the stairs to the 2nd floor where you will ring another bell to alert staff and be welcomed into the waiting room where you will be greeted by a member of Childrens Disability Network Team staff. (Parking is free and available behind building.)



Children's Services

It can be challenging for parents to understand the different pathways and services for children, the image below shows a simplified version of the different services available and where Childrens Disability Network Team lies within that.



Primary Care Services are for children and young people aged 0-18 with non-complex difficulties in functional skills and/or applied skill sets required for activities of daily living, learning new skills and social interactions.

Children's Disability Network Team (CDNT) is a team for children and young people aged 0-18 years who have complex needs arising from a developmental delay or disability.

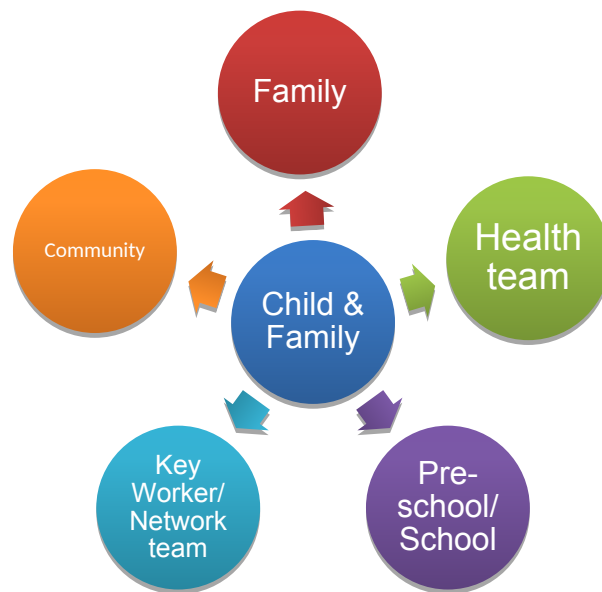
Children in receipt of Care and Childrens Team can also access

Child and Adolescent Mental Health Services (CAMHS) is a specialist service for children and young people aged 5-18 years who experience moderate to severe mental health difficulties. A referral is typically made through your GP.

services from Primary Disability Network services from CAMHS.

Children's Disability Network Team

- The Children's Disability Network Team is led by the Children's Disability Network Manager (CDNM).
- The Children's Disability Network Manager manages a team consisting of administrative staff, a Behaviour Support Specialist, Occupational Therapists, a Paediatric Nurse, an Early Years Advisor, Psychologists, Physiotherapists, Speech and Language Therapists, Social Workers and Resource Workers, who work together to provide the best possible support for your family.
- The role of your Network Team is to share knowledge, information and skills with families so that they can further support their child's development and that the child can develop and learn and participate in everyday activities. It is a family-centered practice (see image below).



- Here is a link to a YouTube clip which describes PDS and family centred practice:
- <https://youtu.be/4oiGaQi25m4>

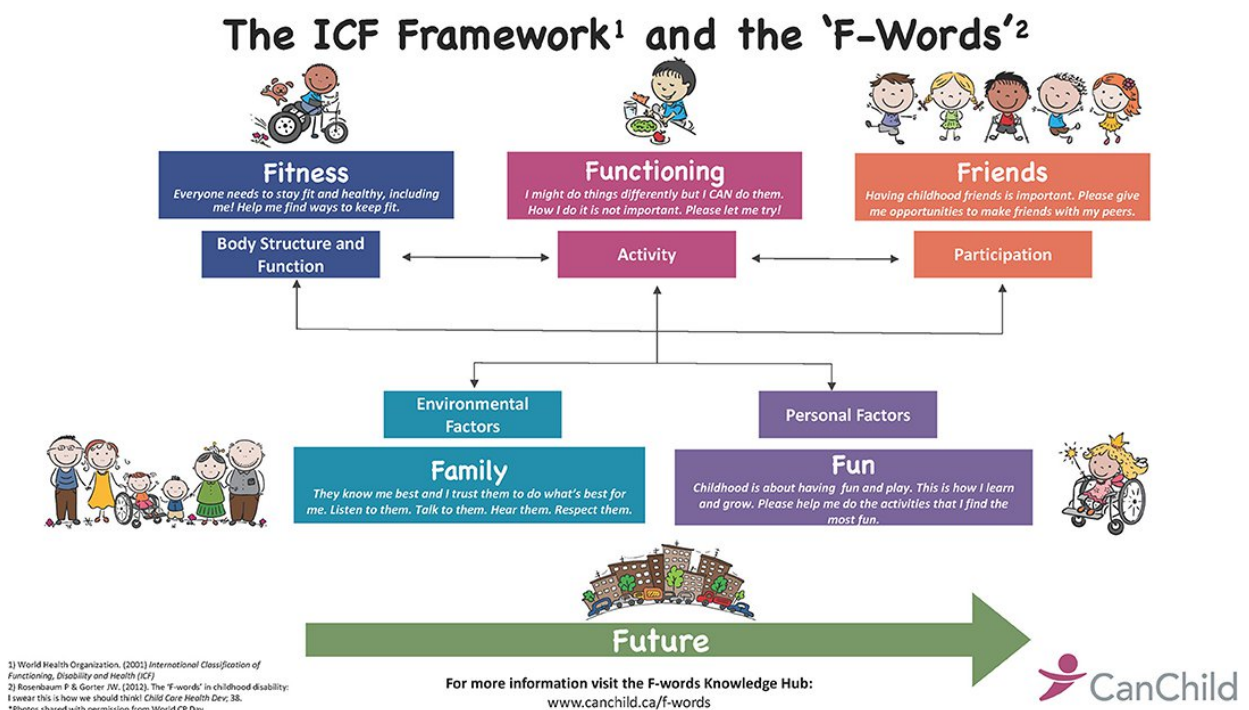


Parents as Partners

- Our focus is to build on the skills you use as a family to support your child.
- You will be assigned a **Key Contact** who is your family's main point of contact. Your Key Contact works closely with you and your family to identify goals for the IFSP (Individual Family Support Plan) and develop strategies that will help your child and your family achieve these goals. Your Key Contact will also link with other members on the team who may be of further assistance and help to your family. You will be provided with the contact details for your key worker.



- Team Members will support you in identifying goals and helping your child to achieve these goals considering the following; function, fitness, fun, friends, family and future. Goals can range from Developmental, Health and Wellbeing, Your life and family experiences and Inclusion in your community. These goals consider the following:



- The slide is an infographic from CanChild, a Canadian non-profit research and educational centre that is leading international research on childhood disability. The infographic here shows the key areas of child development Fitness, Functioning, Friends, Family, Fun-all of which should be considered in the goal setting.

- Your goals for your child and your family are written down. We call this plan the **IFSP** '**Individual Family Support Plan**'. (See below.) The team will put the plan and strategies in writing so that there is a clear pathway to achieve each goal.



Family Service Plan



Children's Disability Network Team- South
Cedar House (2nd Floor)
Moneen, Castlebar,
Co. Mayo
F23W7T1
Tel: 0949660234

Child's Name (please print)	Date of Birth	Date of FSP	Unique ID Number

Please type details into boxes & information will be entered/forwarded to all pages. Don't cut if table will expand if required.

	Family Goal (as described by the family)	What's happening now	Functional Strategies
01.			
02.			
03.			

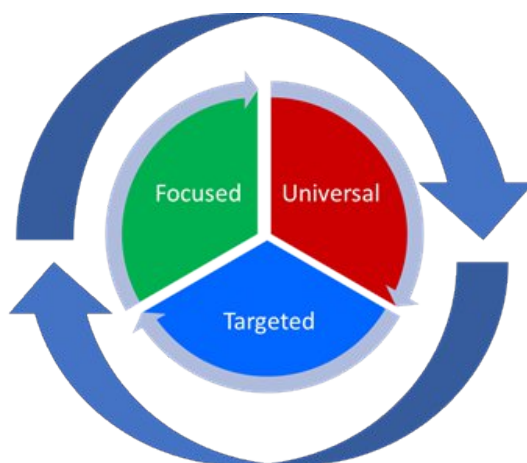
Family Service Plan Follow Up
|
Action Plan to Support Goals

- Goals are reviewed on a regular basis to see what is going well, what is working or not working for your child/family. The IFSP will continue to evolve as goals are achieved and new goals are identified.
- An example of a goal is 'Tara will be able to put her shoes on independently at home'. Your Key Contact will work with you as a parent to help your child achieve their goals by giving information and strategies that can be carried out through your child's daily routines daily.
- *The full [National Guidance for Childrens Disability Network Teams on Individual Family Support Plans 2021](https://www.nationalguidanceforchildrensdisabilitynetworkteams.org.uk/individual-family-support-plans-2021)* document can be found here:

<https://www.hse.ie/eng/services/list/4/disability/progressing-disability/pds-programme/documents/>



How your Key-Contact supports you in achieving your family goals?



- After your initial-home visit there is a team meeting with CHILDRENS DISABILITY NETWORK TEAM2 where your key-contact is assigned based on the goals you have chosen.
- Your key-contact then consults with the relevant team members to your specific IFSP goals.
- Supports can be provided in a Universal, Targeted or Focused way.

Universal Interventions provide you and your family with some information relevant to your goals and priorities. Information may be emailed to you or given to you by your key-contact. Our aim is that everyone can access universal supports relevant to their child immediately or in the very near future.

Targeted Interventions – When a need is identified a targeted intervention can be completed. Some examples of current targeted interventions by Children’s Disability Network Team are as follows:

Aided Language Input	Funster Parent and Toddler Group
Communication Skills Workshop	Developing Interaction with food
Using Visual Supports	EarlyBird /EarlyBird Plus (Parent Autism Training)
LAMH, Sing & Sign	Toileting Workshop
Anxiety Workshop	Benefits & Entitlements Workshop
Circle of security	Sensory Workshop
Teen Life (Parent Autism Training)	SibShop

Direct Interventions

- Direct Interventions are any interventions that the team member or members are focusing on one child. We now know that traditional view of direct intervention e.g. a 6 week block of a discipline specific intervention e.g. psychology, OT, SLT etc. does not always produce the gains/changes that we would like to see for a child or young person in the context of the person having complex needs.
- Instead, when we think of a goal in terms of the person’s function, family, friends, fitness, fun and future we begin to see how the team can work together to support the child to meet a goal. This might involve the child learning some new skills, but it is just as important for the people who interact with the child on a daily or weekly basis at home, in school and in the wider community to learn new skills and make adaptations to ensure the child is supported fully to participate.

Local and National Contacts:

Castlebar Citizens Information Centre Cavendish Lane Link road Castlebar Phone 0818 076 040 or 0761 076040	Mayo Autism Camp Phone: 087 788 1864 Email: MayoautismCamp@gmail.com
Down Syndrome Ireland (Mayo) Unit 12B, N5 Business Park Moneen, Castlebar, Co. Mayo Phone: 083318 4075 or 094 902 6703	Autism Assistance dogs, Mallow House, Shortcastle street, Mallow, Co. Cork Phone: 022-43851 Email: info@aadi.ie
GAA Inclusion Camp Email: billy.mcnicholas.gm.mayo@gaa.ie	Lough Lannagh Sports Complex Down Syndrome Summer Camp Email: reception@loughlanagh.ie
Inclusive summer Camp Email: rmcnamara@mayococo.ie	CONNECT Respite Email: connectmayo@enableireland.ie
Mayo Sports Partnership Disability Officer: Phone: 094 9064690 Email: rmcnamara@mayococo.ie	Airc - Parent Support Group Website: www.aircmayo.ie Email: aircmayo@yahoo.ie

Other Information Links:

ADHD Ireland at <https://adhdireland.ie>
 Angelman Syndrome at <http://www.angelman.ie>
 Canchild at <https://canchild.ca>
 Dyspraxia DCD at <https://dyspraxia.ie>
 Epilepsy Ireland at <https://www.epilepsy.ie>
 Genetics and Rare Disorder Organisation at <http://www.grdo.ie>
 Irish society for Autism at www.autism.ie
 Irish Deaf society at <https://www.irishdeafsociety.ie/>
 NCBI at <https://www.ncbi/>
 Jack and Jill at <https://www.jackandjill.ie>
 Lámh at <https://www.lamh.org>
 Muscular dystrophy Ireland at <https://mdi.ie>
 Aslam <https://asiam.ie/>
 Middletown Centre for Autism <https://www.middletownautism.com/>
 Muscular Dystrophy Ireland (MDI) <https://www.mdi.ie/>
 Spina Bifida <https://sbhi.ie/spina-bifida>
 Ataxia Foundation Ireland (AFI) <https://www.afi.ie/>
 Special Olympics <https://www.specialolympics.ie/connaught>

How to Contact the Team



- **Your Key Contact is your first point of contact.** He/She will give you their phone number once they are appointed. (The team member that completed your initial home visit will be your point of contact in the interim until your key-contact is officially appointed.)
- Your feedback is important to us, so please let us know how you think we can improve this 'Welcome booklet'
- **Telephone:** 094-9051500
- **Centralised Email:** cdnt2.chw@hse.ie
- **Postal Address:**
Children's Disability Network Team – South Mayo
Cedar's Building (2nd Floor)
Moneen Road,
Castlebar,
Co. Mayo
F23 WP71