



IWK Health

5850/5980 University Ave.
PO Box 9700, Halifax, NS, B3K 6R8

www.iwk.nshealth.ca

IWK Switchboard: 1-902-470-8888 / Toll Free: 1-888-470-5888
Emergency: 911 / Telecare: 811

Infant and Preschool Rehabilitation Service
Occupational Therapy and Physiotherapy

Infant and Preschool Rehabilitation Service

Our service focuses on what is important to families. We will help find ways for your child to participate in daily activities at home and in the community.

Our service has Occupational Therapists, Physiotherapists and a Rehabilitation Assistant. We:

- assess your child's abilities and strengths in different areas of life (mobility, play, self-care, eating, school readiness)
- provide information about your child's development
- help you set realistic goals; develop a plan to meet your goals; and problem-solve ways to work on these goals in everyday life
- support you to find other services you may need

Team Member Roles:

Parents/Caregivers

You are able to...

- share your expertise on your child's interests and strengths
- decide what is most important to your child and family
- work with your therapist on setting goals; then agree on strategies you will practice with your child at home.
- give your therapists feedback on what is working well; or would make things better

Occupational Therapists (OT)

We are able to assess and recommend strategies to improve...

- your child's ability to eat
- your child's ability to toilet
- your child's ability to dress or bathe
- your child's sleep and bedtime routine
- your child's participation in daily routines
- your child's play skills
- your child's ability to draw/print/use scissors

Physiotherapists (PT)

We are able to assess and recommend strategies to improve...

- your child's head shape and head turning preference
- your child's leg/foot position
- your child's toe walking
- your child's ability to roll/sit/change position/crawl
- your child's ability to stand/walk
- your child's ability to climb stairs/jump/run
- your child's ability to participate in outdoor play

Rehabilitation Assistants

We are able to...

- support the care plan developed by the OT or PT
- help your child meet the goals set out by the OT and/or PT (after their first assessment of your child)

Other Team Members

We work closely with other services at the IWK. These include Social Work, Recreation Therapy, Clinical Nutrition, Psychology and IWK clinics.

We also work closely with other community agencies that support children. These include Hearing and Speech Nova Scotia (HSNS), Nova Scotia Early Childhood Developmental Intervention Services (NSECDIS), Atlantic Provinces Special Education Authority (APSEA), Autism Nova Scotia, daycares and pre-primary programs.

Frequently Asked Questions (FAQs):

How long can my child get therapy from this team?

Children can receive therapy from this service for as long as there are active therapy goals.

This service may discharge a child when the goals are reached; the family chooses to end therapy; or another service could better support the main goals. A child may be re-referred to us if new goals are identified.

We can work with children until they start Primary at school.

If a child would benefit from Occupational Therapy or Physiotherapy services once they start Primary, they may be referred to the IWK School Therapy Team.

How often will my child be seen by therapists?

How often we see your child will depend on your goals. Research shows that children have the most success when they practice skills in their natural environment (i.e. at home, at their childcare). Your therapist will give suggestions for working on your child's skills at home or childcare. The therapist will see your child when you need new suggestions or ideas.

Where will appointments for my child happen?

We usually see children in the IWK Kids' Rehab Centre. Depending on the goals for your child, we may ask to see them at home or childcare. We can also offer appointments via telephone and *Zoom for Healthcare*.

I need to cancel an appointment. What should I do?

You are responsible for calling to rebook (if you need to cancel or if you accidentally miss an appointment). Call the IWK Kids' Rehab Centre at **902-470-5041**.

If a family misses 2 appointments in a row *without calling us first to cancel*, we will discharge the child from our service. We will send a discharge letter to the family and the referral source.

Referral Process

Who can make a referral to this service?

We accept referrals from parents/caregivers, physicians, and other health and community service providers for children who live in the Central Zone of the Nova Scotia Health Authority.

How do I make a referral to this service?

Referrals can be made by contacting the IWK Infant and Preschool Rehab Service by *phone* **902-470-8025**, or *emailing* an electronic copy of our referral form to: preschooltherapy@iwk.nshealth.ca

Contact Information:

IWK Infant and Preschool Rehab Service
5850/5980 University Avenue
P.O. Box 9700, Halifax, NS B3K 6R8
Phone: **902-470-8025**
Fax: 902-470-8348
preschooltherapy@iwk.nshealth.ca

**This patient/family guide should not be used to replace advice from your health care provider(s).*

**Le présent guide ne devrait pas remplacer les conseils de vos fournisseurs de soins de santé.*

**Please, no scented products or fragrances at the IWK. / * Prière de ne pas porter de parfum et de ne pas utiliser de produits parfumés au IWK.*

IWK Pediatric Rehabilitation Care Service, Halifax, NS
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