

# Welcome to your Children's Disability Network Team

An information booklet for  
you and your family.



# Overview

<b>Foreword</b>	<b>2</b>
<b>Family Centered Practice</b>	<b>3</b>
<b>Working Together</b>	<b>4</b>
<b>Getting To Know Your Family</b>	<b>5</b>
<b>Initial Contact Meeting</b>	<b>5</b>
<b>Support Provided</b>	<b>6</b>
<b>How CDNT's Provide Support</b>	<b>7</b>
<b>Family Forum</b>	<b>8</b>
<b>Team Members</b>	<b>9-10</b>
<b>Further Supports</b>	<b>11-13</b>
<b>Special Education Need's Organisers (SENO)</b>	<b>14</b>
<b>Contact Details</b>	<b>15</b>



# Foreword



Welcome to North Tipperary Children's Disability Network Team.

Children's Disability Network Teams (CDNTs) deliver services which support the child/young person and their families in meeting their needs.

The North Tipperary Children's Disability Network Team provides services to families of children/young people who present with complex needs arising from a disability, with or without a known diagnosis.

Children's Disability Network Teams are the providers of services for children/young people with complex difficulties in functional skills and/or applied skill sets required for activities of daily living, learning new skills and social interactions. This may involve physical, social, emotional, communication and behavioural domains.

The team aims to provide you with support and guidance through child/young personhood, from birth until 18 years to maximize participation and independence in your local community.

Unfortunately, we have a long list of children/young people waiting to be seen by the North Tipperary Children's Disability Network Team. Due to a significant increase in the number of referrals as well as staff vacancies it is not possible to provide a definitive timeline of when you might be seen.

We have now developed an area on our website (see QR Code below) with information for families waiting. We hope that they will find this information useful, and we encourage you to tap into this information to find out more about what we do, and supports available to you as families.

Please be assured, we are continuously working as efficiently as possible to reduce waiting times and to advocate to improve the service for families.

Kind Regards,

*Ann Somers*

Children's Disability Network Manager



Children's  
Disability  
Network  
Team

In this booklet there are live QR Codes to helpful information that can be accessed using your phones camera or QR Code App.

This is the QR Code for the Mid-West Children's Disability Network Teams website - give it a go!





North Tipperary CDNT is based in Belmont, just off St Conlon's Road in Nenagh. Our Eircode is E45E208

We also have a building in Thurles, on the grounds of the Pallottine College. We may invite you to supports at this location if you live in this area. The Eircode for this building is E41Y5N8



You can contact us on:  
067 40130 or [reception.ntcs@hse.ie](mailto:reception.ntcs@hse.ie)





# Family Centered Practice

You and those closest to your child/young person are the most important people in helping your child/young person learn and develop.

You are involved in all aspects of the service from assessment through to planning and intervention - please see page 7 of this document for further information on the supports provided by the team.

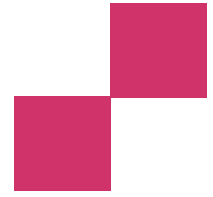
You identify priorities for your child/young person and family, with the support of the team. These priorities may change over time as your child develops - it is important to link with the team with regards to this.

The team will support you and those closest to your child/young person to help your child/young person achieve these goals in their daily routines. This may include you and your family, and it may also include working with preschool / school staff and other services such as Respite, CAHMS etc.

Every family is unique and the service is responsive to the strengths and needs of the family.



# Working Together



The research behind Progressing Disability Services (See more on Page 15), shows that a child/young person's development and learning are enhanced in everyday environments with family and carers who know them best. This means that you do not have to set aside "therapy time" – learning occurs in everyday routines, activities and opportunities.

The team will work to empower you and your family so that the stimulation you provide to your child/young person on a daily basis has a positive effect on your child/young person's development.



Your family, with your team members, will map out your daily activities and routines (e.g. dressing; mealtimes; home work; play time; after school activities) to identify opportunities for learning and development. The benefit of this approach is that these opportunities occur frequently across the day, in various settings, and with a range of people (i.e. family, friends, school staff).

With your guidance, your child/young person learns and develops skills during everyday interactions and routines.



Strengths are the skills, abilities and talents of your child/young person. Interests are the activities that your child/young person likes to participate in.

Your child/young person's strengths and interests will motivate them to engage with their world and the people in it through socialisation and play, providing them with rich learning opportunities.

# Getting to Know Your Family



The first step in the “getting to know you” process is to have an Initial Contact Appointment and develop an Individual Family Support Plan (IFSP)



## Initial Contact Process and Individual Family Support Plan



### Family and Team Meet

Family usually meet two members of the team. This will be in person, and may be in the family home. Team to get further understanding of your family and child/young person including daily activities, interests and supports currently in place. This may include observation and/or interaction with your child/young person and a parental interview.



### Goal Setting and Planning

Family and team will discuss your priorities and identify some initial goals and strategies. The family and team will begin to plan for team supports; for example Sensory Workshop, Diagnostic Assessment etc.



### Individual Family Support Plan

On completion of the above meeting, you may receive a copy of your IFSP by post. This is a fluid document and may require updating as goals change/are met.

Individual Family Support Plan (IFSP) is a plan made by the child (as appropriate to their age), their family and the CDNT in partnership. The plan brings together the child's and family's needs, priorities and desired outcomes with the team's knowledge and expertise, in order to agree what they will focus on next.



# Support Provided



Intervention is proven to be most effective if those who spend the most time with the child/young person are supported to help their child/young person to participate in the activities and gain independence in routines of their everyday life



The team supports recommended for your child/young person (e.g. parent training, individual coaching sessions, group interventions, etc.) will depend on the goals that are identified for your child/young person through the IFSP process.



The service we provide is individualised to your family and will change over time as your child/young person's and family priorities change.

The above is an example of an Individual Family Service Plan!

Follow the QR Code to find out more about IFSP'S:



Date	Baseline <i>What is Eoin currently doing?</i>	Goal <i>What would you like to see happen?</i>	Actions/Strategies	Team Supports
08/11/2023	Eoin has been waitlisted for a diagnostic assessment for autism due to the information provided in the referral.	A diagnostic assessment for autism will be completed.	The family will attend all autism assessment appointments when notified.	A diagnostic assessment for autism will be completed. This will result in a comprehensive report of Eoin's needs and recommendations.
08/11/2023	Eoin does not like certain items of clothing and textures. He will often pick at his clothes and pull threads.	Eoin will wear clothes that he likes and that suit his sensory profile.	Eoin will continue to be supported by his parents with his sensory needs.	Eoin's parents will be invited to the parent workshop run by the team looking at how to support 'sensory and behavioural <a href="#">needs</a> '.  The team is available for further individual consultation with Eoin's parents about his sensory needs and profile if required.

# Support Provided



## Service Location

Services may be provided at the centre/home/preschool/school/ virtually/ telephone as appropriate.



## Information Sessions

Information sessions, talks and workshops, may be offered to share information and strategies on a range of topics e.g. communication, anxiety, school transitions.



## Parental Coaching

Individual or group coaching sessions may be provided where the therapist models the intervention strategies so that you are empowered to carry out the strategies at home.



## Individual Intervention

Individual intervention may be required in accordance with your child/young person's clinical need as determined by the clinician. Not every child/young person with complex needs will require individual intervention.

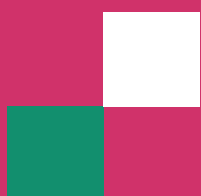


## Joint Working with Other Services

Team members often collaborate and link with supporting agencies or other people who are involved with your child/young person in the community. For example, team members may visit the preschool or school that your child/young person attends or liaise with other services such as Child and Adolescent Mental Health Services (CAMHS), and Respite Services etc. This will always be with your consent.



# Family Network Meeting



The Family Network Meeting is a place for families linked with the team to discuss general issues and ideas about the children's disability services we offer.

The Family Network Meeting will meet four times a year. It is open to parents and carers of every family we support.

These meetings are facilitated by someone who does not work with the Children's Disability Network Team. The Children's Disability Network Manager will also attend each meeting.

You will receive an invitation to every Family Network Meeting. You can attend as many as you like to share your thoughts and ideas. Feedback from families that have attended these meetings highlight the benefits of meeting other families.

You can find out more about the Family Network Meeting and when the next is due to take place here:



# Team Members



Each professional brings their own unique expertise to the team. Who you meet on the team will depend on your child's needs and goals. We will work to ensure your family meet the most relevant clinicians based on your IFSP.

See below for a brief explanation of the roles that are typically linked with a CDNT, or which a CDNT might also have access to. Please note that not all teams will have this full list of disciplines working within their team.



## Children's Disability Network Manager (CDNM)

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A Children's Disability Network Manager (CDNM) leads and manages the operations of a Children's Disability Network Team (CDNT), ensuring the delivery of equitable, family-centered services under the Progressing Disability Services (PDS) model. The CDNM is responsible for service planning, team development, clinical governance, and fostering collaboration between families, team members, and external agencies.



## Physiotherapist (PT)

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A physiotherapist plays a key role in supporting children with disabilities to achieve their physical potential. They assess and treat motor, postural, and functional difficulties and provide interventions to enhance mobility, strength, and independence. Physiotherapists work collaboratively with families and the multidisciplinary team to deliver holistic, family-centered support, incorporating evidence-based practices to support participation in daily activities and overall quality of life.



## Speech and Language Therapist (SLT)

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A Speech and Language Therapist has expertise in understanding communication and the different ways people can express themselves. They also have expertise in feeding, eating, drinking and swallowing (FEDS).

# Team Members



## Social Worker (SW)

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Social Workers have experience in providing emotional and practical support to you, your child, and your family. They will help you to tap into and maximise the supports available to you within your family and wider community. This could include availing of all rights and entitlements.



## Occupational Therapist (OT)

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An Occupational Therapist can support you to think about what activities across the day are most important to your child and your family, and explore different ways to make these easier. This means helping you to understand your child's needs and identifying ways to adjust how you all approach a task, working with their own movement ability and sensory processing needs.



## Psychologist (Psych)

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A psychologist has expertise in psychological assessment and formulation (clinical understanding of the child's needs). They further provide support in areas such as emotions, behaviours, learning, and educational placements.



## Administration/Clerical Staff

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Admin/clerical staff on a CDNT provide essential administrative support to support operation of the team. They manage scheduling, correspondence, and record-keeping, and handle queries from families. Their role is vital in facilitating communication between team members, families, and external agencies, enabling the efficient delivery of services to children and their families.

# Team Members



## **Therapy Assistant (TA)**

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TA's support therapists in delivering interventions to children with disabilities. They assist with implementing therapy programs, preparing resources, and supporting children during sessions to promote engagement and progress. Working under the supervision of qualified therapists, they help families practice strategies at home and contribute to the overall care and development of the child, ensuring therapy goals are achieved effectively.



## **Assistant Psychologist (AP)**

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An assistant psychologist supports the work of clinical psychologists in assessing and addressing the needs of children with disabilities. They assist with assessments, data collection, and the implementation of intervention plans under supervision. They may facilitate group programs, provide psychoeducation to families, and contribute to service delivery, ensuring a child-centered and holistic approach to supporting children's emotional, social, and behavioral development.

# Further Supports

The supports listed below are intended to guide but is not an exhaustive list of all services that may be relevant or available to you!



## Resources for Parents

### ➤ **MID-WEST CHILDREN'S DISABILITY SERVICE**

A list of resources for you, parents and your children, sourced from a number of local, national and international sources to support you and your family.



## Mental Health

### ➤ **LIMERICK SOCIAL SERVICE CENTRE**

Affordable and accredited confidential counselling service offered to individuals and families. Self-referral. Henry Street, Limerick - 061 314111.



### ➤ **JIGSAW**

For young people age 12-25. Free and self-referral. 3rd Floor, Arthur's Quay House, Arthur's Quay, 061 974510.



### ➤ **MY MIND**

Offers affordable online and sessional therapy services in a range of languages. 50 O'Connell St., Limerick 076-6801060 Email: limerick@mymind.org



### ➤ **AWARE**

A national support helpline for issues relating to depression. 1890 303 302.



### ➤ **PIETA HOUSE**

Free 24/7 Crisis helpline 1800 247247 or text HELP to 51444.



**Medical Card Holders may qualify for short term counselling (8 sessions max) through Primary Care Psychology. Discuss with your GP r.e referral and criteria.**

# Further Supports

## Bereavement Counselling

### ➤ **MILFORD HOSPICE COUNSELLING SERVICE**

Social Work Department - 061 485 800 (limited service available for bereavement not linked to hospice attendance).



## Support/Services for Victims of Abuse

### ➤ **ADULT COUNSELLING SERVICE**

For adults abused as child/young person. Re Nua, O'Connell Avenue, Limerick - 061 411900. Self or professional referral. National Helpline - 1800 234115.



### ➤ **RAPE CRISIS CENTRE**

Counselling provided to adult survivors of Rape, child/young person Sexual Abuse, Incest and Sexual Harassment. Self or professional referral. Rocheville House, Punches Cross, Limerick - 1800 311511.



### ➤ **ADAPT DOMESTIC ABUSE SERVICES**

provides a wide range of supports to women survivors of domestic abuse and their child/young persons across Limerick City and County. Phone 1800 200 504.



## Supportive Services

### ➤ **SAMARITANS**

Drop in centre at: 20 Barrington Street, Limerick, 9:00am - 10:00pm; E-mail: jo@samaritans.org For 24 hour confidential text support text to 087-2609090





# Further Supports



## Autism Specific Supports

- **AS I AM**  
Ireland's Autism Charity that provide evidence-based advice, resources, and guidance to the community.
- **MIDDLETOWN CENTRE FOR AUTISM**  
Autism specific resources and training for parents and professionals.
- **DOCHAS MIDWEST AUTISM**  
Provide weekly activity programmes for children and young people.



## County Specific Supports

- **YOUTH CLUB**  
Foróige is the leading youth organisation in Ireland. Our purpose is to enable young people to involve themselves consciously and actively in their development and in the development of society.
- **CHILDREN AND YOUNG PEOPLE'S SERVICES COMMITTEE**  
Responsible for securing better outcomes for children and young people in their area through more effective integration of existing services and interventions.



### Clare



### Limerick



### North Tipperary





# SPECIAL EDUCATION NEEDS ORGANISER'S

Special Education Needs Organiser's (SENO) plan, co-ordinate and review the provision of additional education supports to schools that enrol students with special educational needs in line with Department of Education policy.

SENOs support parents and guardians by providing information, establishing special classes and engaging with other professionals working with your child. SENOs advise and support parents around the availability of special classes, special schools and other educational supports.

SENOs process Transport and Assistive Technology applications and forward to the Department of Education for sanction.

SENOs provide parents with advice and useful tips on transition from preschool to school from primary school to post primary school and onto adult services.

Scan the QR Code to find the contact details for your local SENO!

