

Welcome to your Children's Disability Network Team

An information booklet for you and
your family



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Foreword

We would like to take this opportunity to welcome you and your child to Avista's East Limerick Children's Disability Network Team. Our Team provides services to children/young people who present with complex needs arising from a disability, with or without a known diagnosis.

We will work together with you and your child to support his or her needs. This welcome pack gives families an overview of the services that are available.

It's important to know, 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 your child might be seen.

We hope that this information booklet will help you to understand how the service works and is the start of us working together to support your child.

Kind Regards,

Melissa Murtagh

Children's Disability Network Manager

Avista

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!





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 support 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 (you, your family, it may also include working with preschool / school staff and other services such as Respite, CAMHS etc.) to help your child/young person achieve these goals in their daily routines.

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; homework; 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



Initial Contact Process and Individual Family Support Plan



Family and Team Meet

Family to meet one or more members of their team. This may be in person or virtual/online or over the phone. 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 to 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 will 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 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



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:



				Team Supports
Date	Baseline	Goal	Actions / Strategies	Parents will be invited to
08/11/2025	Eoin struggles to follow direction at home and in preschool. He struggles to interact and communicate with others.	Eoin will follow a "first – then" visual schedule at home and in school.	The Family will attend all autism assessment appointments when notified.	"more than words". Parents will be invited to a visual workshop. Diagnostic assessment for Autism. Eoin will be completed
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 needs". 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 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.

What To Expect

Avista



Where we support you and your child

Our team supports children at home, in school or in our clinic depending on their needs and what suits your family best.



Home



School



Clinic

Collaboration With Outside Agencies

Some children have other outside agencies involved in their care. We link with these agencies to ensure continuity of care for your child.



Children's Hospitals



Local schools



Primary Care Staff

TÚSLA

An Ghníomhaireacht um Leanaí agus an Teaghlach
Child and Family Agency



Child and Adolescent Mental Health Services



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.



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)

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)

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 care, incorporating evidence-based practices to support participation in daily activities and overall quality of life.



Speech and Language Therapist (SLT)

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)

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 support available to you within your family and wider community. This could include availing of all rights and entitlements.



Occupational Therapist (OT)

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)

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, behaviors, learning, and educational placements.



Community Nurse and Clinical Nurse Specialist

Community Nurse and Clinical Nurse Specialists, provide clinical care, health education, care coordination, support transitions of care, health monitoring and assessments, advocacy, family support and working in a collaborative role within the C.D.N.T.

Team Members



Early Intervention Specialist/Educator

The hallmarks of an Educator in Early Childhood Intervention (ECI) are the promotion of development and learning through play in collaboration with specific disciplines to embed goals into functional routines, supporting parent-child relationships to enhance critical development, supporting child, family and educators through early educational transitions into pre and primary schools.



Therapy Assistant (TA)

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)

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.



Administration/Clerical Staff

Admin/clerical staff on the CDNT provide essential administrative support to support operations 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.

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!



Further Supports

Resources for Parents

➤ MID-WEST CHILDREN'S DISABILITIES SERVICES

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 SERVICES CENTRE

Affordable and accredited confidential counselling service offered to individuals and families. Self-referral. Henry Street, Limerick - [061 314111](tel:061314111).



➤ JIGSAW

For young people aged 12-25. Free and self-referral. 3rd Floor, Arthur's Quay House, Arthur's Quay, [061 974510](tel:061974510).



➤ MY MIND

Offers affordable online and sessional therapy services in a range of languages. 50 O'Connell St., Limerick [\(0818\) 500 800](tel:0818500800) Email: limerick@mymind.org



➤ AWARE

A national support helpline for issues relating to depression – Call [1890 303 302](tel:1890303302).



➤ PIETA HOUSE

Free24/7Crisishelpline [1800 247247](tel:1800247247) 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 - [061485 800](tel:061485800) (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](tel:061411900). Self or professional referral. National Helpline - [1800 234115](tel:1800234115).



➤ 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](tel:1800311511).



➤ 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](tel:1800200504).



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](tel:0872609090)



Further Supports

Autism Specific Supports

- **ASIAM**
Ireland's Autism Charity that provides 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 organization 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 Educations Needs Organisers

Special Education Needs Organiser's (SENO) plan, co-ordinate and review the provision of additional education supports to schools that enroll 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.

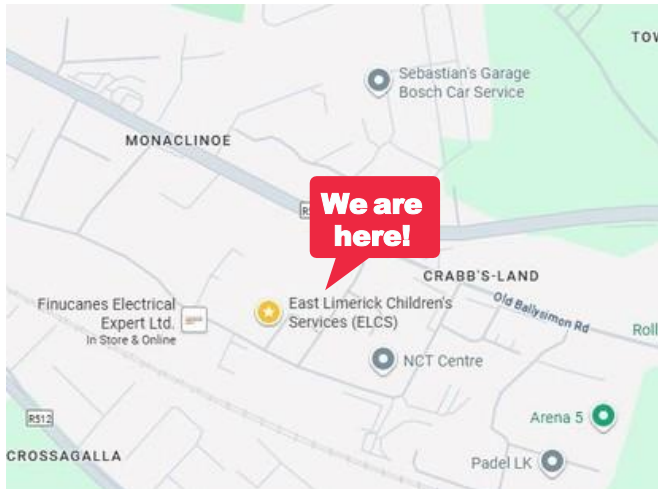
Scan the QR Code to find the contact details for your local SENO!



How To Find Us



Location:



Avista East Limerick Children Services, Eastway Business Park, Unit 4, Crossagalla, Ballysimon Road, Limerick, Eircode **V94 E179**.

Getting here:



Car parking available



310 and 328 bus route located 12 minute walk from service.

Contact Us



(061) 603400



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www.avistaclg.ie www.mwcds.ie



@eastlimerickchildrensservice