

## Barnet Children and Young People's Integrated Therapy Service – Core Offer

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### 1. Context of service specification

The Barnet Children and Young People's Integrated Therapy (CIT) Service will see children and young people (CYP) between 0 - 25 years of age, requiring Physiotherapy (PT), Occupational Therapy (OT) and Speech and Language Therapy (SLT) who meet our entry criteria and live within the borough of Barnet, or whose GP or school is in the borough. We aim to provide an integrated therapies service that is outcomes-based, needs-led and evidence-based, to support CYP at the earliest opportunity in order to meet their health and education needs. This is achieved by ensuring that the therapy needs of CYP are met in a whole systems approach, using three levels of intervention: universal, targeted and specialist. Integration in this context is defined as the management and delivery of SLT, OT and PT services so that CYP receive a continuum of therapeutic services according to their needs over time and across different levels of service delivery.

### 2. Referrals

Children are referred to Barnet CIT service via educational professionals, parents/carers, and health care professionals including GPs, paediatricians, Health visitors and allied health professionals. The service is expected to see CYP presenting with a range of needs, and some may already have diagnosed conditions

### 3. Pathways

CYP will be able to access the range of assessments and/or intervention in the simplest way possible. A range of pathways are available to address specific needs at any given time; this is based on CYP's profile of need rather than their setting or diagnosis. These pathways allow flexibility across the levels of service provision at any one time. Referrals are triaged into the following pathways:

- Motor Skills
- Acute MSK, sensory & physical disability and development
- ASD/Social Communication
- Complex Specific and Dysphagia
- Language and Hearing Impairment
- Speech, Voice and Dysfluency

#### 3.1 Motor Skills Pathway

This is a multidisciplinary pathway involving Occupational Therapy and Physiotherapy with a skill mix of therapists and integrated therapy assistants.

The clinics run under this pathway are:

- Developmental Co-ordination Disorder
- Down syndrome – School age
- Global Developmental Delay
- Cerebral Palsy (levels 3-5 of the Gross Motor Function Classification System up to 18 / year depending on severity and need)
- Pre & School Age Clinic

#### 3.2 Acute MSK, sensory & physical disability and development pathway

This is a multidisciplinary pathway involving Occupational Therapy and Physiotherapy with a skill mix of therapists and integrated therapy assistants.

The clinics run under this pathway are:

- Neuromuscular
- Acute MSK

- Little Toes – (acute MSK up to 2 /year)
- Paediatric Early Advice Clinic (PEAC) – including Down syndrome for early intervention with physical delay
- Under 5s
- Cerebral Palsy - levels 1 and 2 of the Gross Motor Function Classification System (PT up to 18 / year depending on severity and need)

### 3.3 ASD/Social Communication

This is a multi-disciplinary pathway involving Speech and Language Therapy and Occupational Therapy, with a skill mix of therapists and integrated therapy assistants.

The provision within this pathway is delivered across:

- Additionally Resourced Provisions
- Parent workshops for Early years and School age
- Early Years including Barnet Early Autism Model
- Mainstream Schools – individual and groups
- Colleges – consultation and advice

### 3.4 Complex Specific and Dysphagia

This is a multi-disciplinary pathway involving Speech and Language Therapy, Physiotherapy and Occupational Therapy, with a skill mix of therapists and integrated therapy assistants.

The provision within this pathway is delivered across:

- Special Schools and assessment nursery
- Early Years
- Mainstream Schools
- Colleges – consultation and advice
- Paediatric Early Advice Clinic (PEAC) – early complex (PT)
- Cerebral Palsy - levels 1 - 5 of the Gross Motor Function Classification System
- Dysphagia

### 3.5 Language and Hearing Impairment

This is a uni-disciplinary pathway involving Speech and Language Therapy with a skill mix of therapists and integrated therapy assistants.

The provision within this pathway is delivered across:

- Additionally resourced provisions
- Early Years – Parent workshop
- Early Years - Clinic groups
- Early Years – individual sessions
- Mainstream Schools - individual and groups
- Colleges - consultation and advice

### 3.6 Speech, Voice and Dysfluency

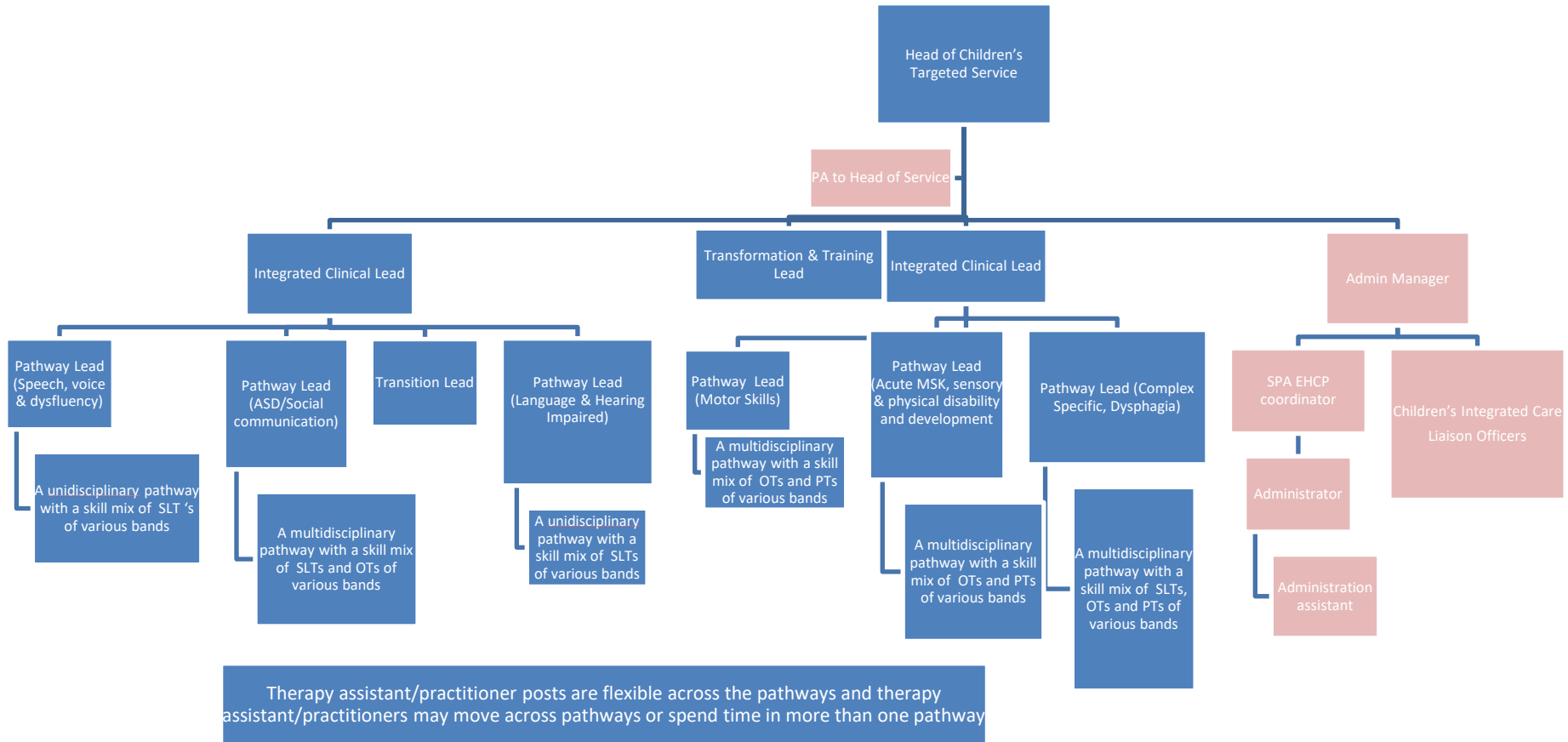
This is a uni-disciplinary pathway involving Speech and Language Therapy with a skill mix of therapists and integrated therapy assistants.

The provision within this pathway is delivered across:

- Parent workshop
- Groups, reviews, and individual sessions

Best care by the best people

3.7 Barnet Children’s Integrated Therapies Structure



#### 4. Interventions

The Barnet CIT provision uses an outcomes-based framework that has been developed to ensure that the therapy needs of CYP are met in a whole systems approach, using three levels of intervention: universal, targeted and specialist. The framework uses the Balanced System® model (Gascoigne, 2008-2015<sup>1</sup>). This approach aligns with what is recommended by the Bercow Report (2008) and The Better Communication Research Programme (2012).

##### 4.1 Universal

The Universal Tier has a focus on prevention and is available to all. It empowers parents/carers, other professionals and education staff to facilitate support for all children and particularly those who may require additional support for their health and education needs. Provision at this level includes:

- Specialised training and advice for parents, carers, educational staff and other professionals
- Advising other agencies on the therapy provision available
- SLT drop-in sessions at Children's Centres
- Attending relevant local authority meetings and conferences including SENCo forum and parent conference
- Promotion of environments required to support education and health needs

##### 4.2 Targeted

Targeted interventions include those which have been established with the help of the Therapist or Therapy Assistant and become self-sustaining or require monitoring by Therapist/Therapy Assistant. Provision at this level includes:

- Specialised training and advice for parents, carers, educational staff and other professionals to enable them to deliver structured interventions/programmes to meet the educational or health needs of the Child/Young Person
- Support for the school/setting to monitor the communication, sensory and physical needs of children, offering advice to staff as appropriate.
- Parent workshops
- Assessment and onward referral to tertiary services
- Assessment and intervention, report writing and handover to those implementing therapy programmes eg parents, school staff.
- Setting Toolkit Targets for parents, nurseries and schools

##### 4.3 Specialist

Specialist therapy provision addresses the needs of those children who have a defined clinical need and where the Therapist's expertise together with the agent of change, for example a parent or key worker will make a significant contribution to the child's development. Not all children with complex learning needs require specialist therapy intervention, and this is determined by their clinical need in accordance with evidence-based practice.

Provision at this level includes:

- EHCP/tribunal 1:1 assessment and advice to support and monitor a child's progress
- Episodes of care of highly specific and effective interventions in the most appropriate setting
- Assessment of needs in clinic/ school/ home environment for specialist equipment provision including seating (also bathing and manual handling), AAC device, special equipment to aid mobility and postural management e.g. standing frames, and for mobility e.g. walkers.
- The provision of a second opinion or specialist package to support the school/setting and designated link therapist
- Specialist training to support schools/settings and families

## 5. Further information

5.1 If you would like to find out more information about our core offer to children and young people receiving integrated therapy services in Barnet please look out for termly update for parents and professionals which will be available to view on our NELFT Webpage:

<https://www.nelft.nhs.uk/barnet-childrens-integrated-therapies>

If you wish to get in touch with our service to discuss a referral or have a query about your child's therapy, please call us on [0300 300 1821](tel:03003001821) or email [nem-tr.BarnetCIT@nhs.net](mailto:nem-tr.BarnetCIT@nhs.net)

As a part of our Universal services we are developing training packages which you will be able to book on our website in due course. We also hold a half termly parent forum which you may sign up to using the EventBrite link that will be posted on our Trust website. For more information, and to book a place on the parent forum please follow the link to the Trust website. The parent forum dates for this academic year will be: 11<sup>th</sup> February 10-11.30am; 1<sup>st</sup> April 1-2.30pm; 12<sup>th</sup> May 10-11.30am; 24<sup>th</sup> June 1-2.30pm.

5.2 We welcome feedback from all stakeholders so that we can review and improve the delivery of our service to children and young people. If you have a concern or complaint about our service, we would value the opportunity to try and resolve this with you at a local level. If you would like to feedback about your child's therapy experience please contact us on the above number/email address and we will endeavour to support with your query/concern.

The complaints / compliments / comments form on the NELFT website is currently being amended. When it is ready we will make the link available.