



York and Scarborough  
Teaching Hospitals  
NHS Foundation Trust

# Therapy services for children with Down Syndrome

Information for patients, relatives and carers

① For more information, please contact:

<https://www.yorkhospitals.nhs.uk/childrens-centre/your-childs-hospital-journey/therapy-services/>

For York and Selby:  
Child Development Centre  
York Hospital, Wigginton Road, York, YO31 8HE  
Telephone: 01904 726599

For Scarborough, Whitby, Ryedale:  
Children's Therapy Department  
Springhill House, 19 Springhill Close, Scarborough  
North Yorkshire, YO12 4AD  
Telephone: 01723 342357

Your child has been referred to the Children's Therapy Team. The therapy team consists of:

- Physiotherapists
- Speech and Language Therapists
- Occupational Therapists

This leaflet explains how we work with you and your child, and what you can expect from our service.

## **What do Physiotherapists do?**

The physiotherapist supports the development of your child's movement such as rolling, sitting, and walking. They will advise you on how to handle and position your child. Your baby will usually be seen by a physiotherapist by six months of age.

## **What do Speech and Language Therapists do?**

The speech and language therapist supports with feeding and the development of communication. Our therapists can advise on evidence based interventions for children with Down Syndrome, for example, Makaton signing and See and Learn, and how to support communication in everyday situations.

## **What do Occupational Therapists do?**

The occupational therapist supports your child with participation in age appropriate activities and the provision of equipment to facilitate this. This can include seating and bathing aids. They will also support your child's fine motor (i.e. hand and finger) development. Your baby will usually be seen between six months and two years of age as needs arise.

## **Where will you see us?**

We may see your child at a clinic or hospital, at home or in your child's early years setting.

## **What can you expect from us?**

In therapy services we recognise that every child is different. We will work with you and your family to find out what issues are important to you. We will give you strategies and advice that you can implement in your daily life. We believe that empowering you to support your child in their daily life will lead to the best outcomes for your child.

## **How often will I be seen?**

The therapist will discuss with you how often your child needs to be seen. You may be offered some joint appointments with physiotherapy / occupational therapy / speech and language therapy. The therapist may see you in clinic, in your own home, or visit your child in nursery/school. We may do joint visits with Portage.

## **When will I be discharged from therapy?**

The therapy services don't stay involved with your child continuously because of their diagnosis of Down Syndrome. We may work with your child for a period of time, and then discharge them once we think the right strategies are in place to support them at that time. Your child can be re-referred to us at any stage for another 'episode of care'.

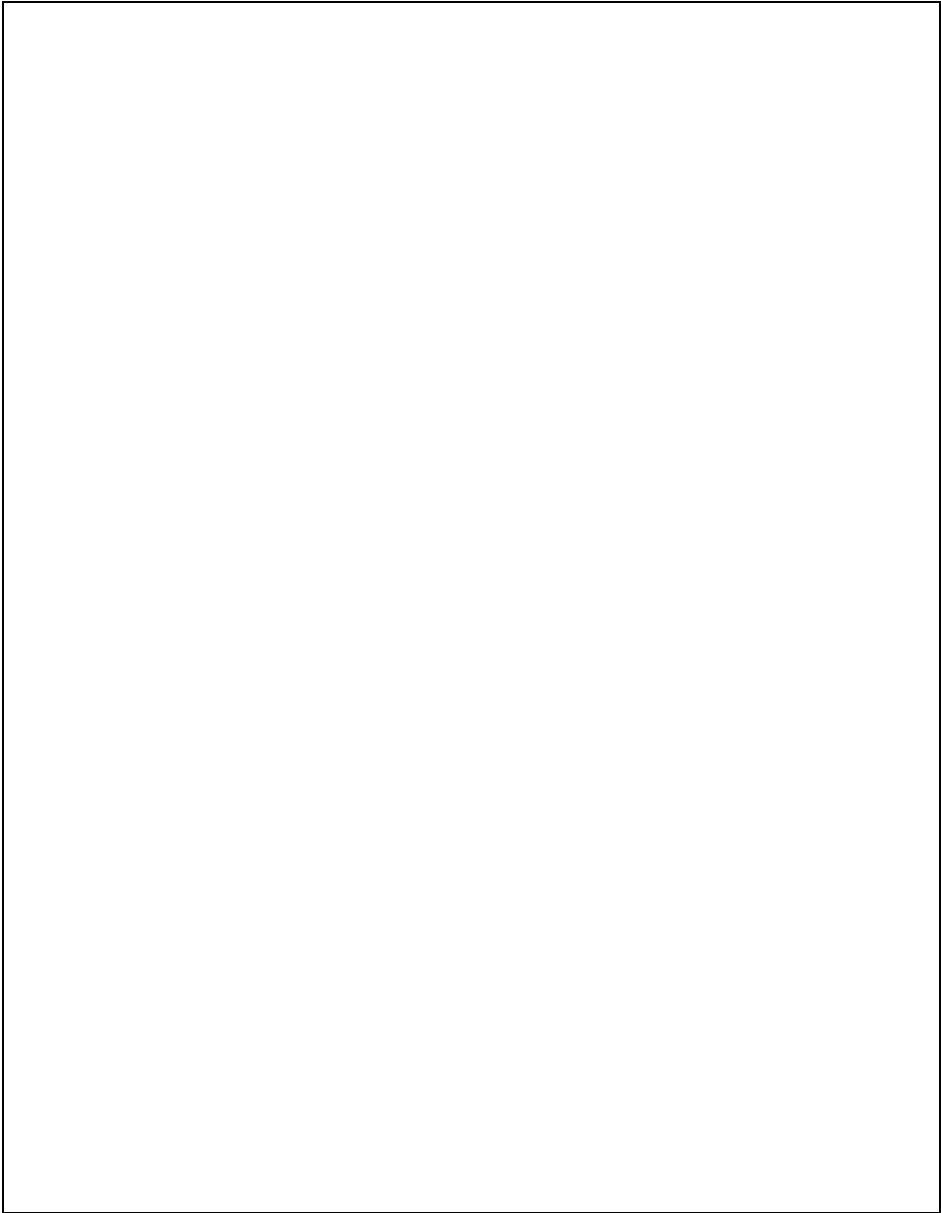
## **Are there any other useful services I can access?**

You may also receive support from the following services:

- Portage
- York Down Syndrome Support Group / Shine 21
- Early Support.

We work closely with these services if they are local. Please ask us if you would like any further information about them.

# Space for your notes

A large, empty rectangular box with a thin black border, occupying most of the page. It is intended for the user to write their notes.

## **Tell us what you think of this leaflet**

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact your local service, our contact information is on the front page of this leaflet.

## **Teaching, training and research**

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

## **Patient Advice and Liaison Service (PALS)**

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email [yhs-tr.PatientExperienceTeam@nhs.net](mailto:yhs-tr.PatientExperienceTeam@nhs.net).

An answer phone is available out of hours.

# Leaflets in alternative languages or formats

Please telephone or email if you require this information in a different language or format, for example Braille, large print or audio.

如果你要求本資 不同的 或 式提供 , 電  
或發電

Jeżeli niniejsze informacje potrzebne są w innym języku lub formacie, należy zadzwonić lub wysłać wiadomość e-mail

Bu bilgileri değişik bir lisanda ya da formatta istiyorsanız lütfen telefon ediniz ya da e-posta gönderiniz

Telephone: 01904 725566

Email: [yhs-tr.FacilitiesmanagementHelpdesk@nhs.net](mailto:yhs-tr.FacilitiesmanagementHelpdesk@nhs.net)

Owner	Rachel Shearer, Advanced Clinical Specialist Speech and Language Therapist
Date first issued	October 2018
Review Date	October 2026
Version	2 (issued October 2023)
Approved by	Speech and Language Therapy management Team, Child Health Clinical Governance Group
Document Reference	PIL1260 v2
© 2023 York and Scarborough Teaching Hospitals NHS Foundation Trust. All Rights reserved.	