



Physiotherapy for children and young people

Bloom Healthcare provides Physiotherapy for babies, children and young people up to 18 years old.

In this guide, we use the words "your child" to include children and young people of all ages.

What is Physiotherapy?

Physiotherapy helps children move their bodies.

A Physiotherapist is a health professional who understands movement and physical development.

Physiotherapy may help your child:

- get stronger
- improve their balance
- improve their coordination
- move more easily
- take part in everyday activities
- feel more confident using their body.

How can Physiotherapy help my child?

Physiotherapy can help your child learn and practise different movement skills.

This may include:

- rolling
- sitting
- crawling
- standing
- walking
- running
- climbing
- jumping
- balancing.

Physiotherapy can also help with:

- strength
- posture
- coordination
- fitness
- moving safely
- getting around at home, school or in the community.

Every child is different.

Your child's Physiotherapy will be based on their needs and goals.

Physiotherapy for younger children

Younger children may need support to learn early movement skills.

This can include:

- sitting
- crawling
- standing
- walking
- balancing
- moving safely.

A Physiotherapist can also help families understand how to support their child's movement at home.

Therapy may use games and play to make activities interesting and enjoyable.

Physiotherapy for older children

As children grow, their needs may change.

Physiotherapy may help older children and teenagers with:

- strength
- fitness
- posture
- balance
- coordination
- walking
- taking part in sport or physical activities
- moving around school
- moving around the community more independently.

Where can Physiotherapy happen?

Depending on your child's needs and where you live, Physiotherapy may happen:

- at home
- at school
- at an early learning centre
- in the community
- through Telehealth.

Telehealth means meeting with the Physiotherapist online using a computer, tablet or phone.

The Physiotherapist will talk with you about the best place for your child's therapy.

What happens when we start?

1. We get to know your child

The Physiotherapist will talk with you and your child.

They will ask what is important to your child and family.

2. We look at how your child moves

The Physiotherapist may look at your child's:

- movement
- balance
- strength
- coordination
- posture
- walking.

What happens when we start?

3. We make a plan

We will work with you to set practical goals.

The goals will be based on your child's needs, interests and everyday life.

4. Therapy begins

Therapy activities will be chosen to suit your child.

Parents and carers may also receive activities or ideas to use between sessions.

5. We check your child's progress

We will review your child's goals over time.

The therapy plan can change as your child grows or their needs change.

What support can Bloom provide?

Your child's Physiotherapy may include:

- activities to build movement skills
- walking and balance practice
- strength and fitness activities
- posture and positioning support
- activities for babies and younger children
- exercises at home or school
- hydrotherapy.

Hydrotherapy is exercise completed in a swimming pool.

We may also help with equipment that supports your child to move.

What support can Bloom provide?

Continued

This can include:

- walking equipment
- mobility equipment
- orthotics.

Orthotics are special supports worn on the body.

They may help with movement, balance or positioning.

Working with families

You know your child best.

We will listen to you and include you in decisions about your child's therapy.

We can show parents and carers how to support movement skills during everyday activities.

We respect:

- how your child communicates
- how your child moves
- how your child plays
- how your child takes part
- your family's culture
- your family's routines
- your family's preferences.

Working with other health professionals

Some children receive support from more than one health professional.

- Your child may also work with:
- an Occupational Therapist
- a Speech Pathologist
- a Psychologist
- an Exercise Physiologist
- other health professionals.

With your permission, our team can work together.

This helps everyone understand your child's goals.

Who can Physiotherapy support?

Children come to Physiotherapy for many different reasons.

Some children have a diagnosed disability or health condition.

Other children may not have a diagnosis.

Physiotherapy may support children with:

- developmental delay
- cerebral palsy
- Down syndrome
- low muscle tone
- muscle or nerve conditions
- coordination difficulties
- joint hypermobility
- toe walking
- head or neck movement difficulties
- autism when movement or physical participation is affected.

This is not a complete list.

You can contact Bloom Healthcare if you are unsure whether Physiotherapy is right for your child.

Can the NDIS pay for Physiotherapy?

The NDIS may pay for Physiotherapy when it:

- is related to your child's disability
- supports your child's goals
- is included in your child's approved NDIS supports.

Physiotherapy may be paid from the Capacity Building section of an NDIS plan.

It may be listed under Improved Daily Living.

Every NDIS plan is different.

Support for younger children

The NDIS has an early childhood approach.

It supports children younger than 9 who have developmental concerns or disability, and their families.

An early childhood partner can help your family understand the supports available for your child.

Do I need a referral?

You usually do not need a referral from a doctor to contact Bloom Healthcare.

A referral can be made by:

- a parent
- a carer
- a Support Coordinator
- another health professional.

You can also contact Bloom Healthcare directly.

How do I get started?

You can contact Bloom Healthcare to talk about your child's needs.

Our team will:

- listen to you
- check whether Physiotherapy is available in your area
- explain the next steps
- help you organise an appointment.

Call Bloom Healthcare on:

1300 771 465

Or complete the Bloom Healthcare referral form.