



Children's Services Newsletter

Over the last couple of years, Muscular Dystrophy Queensland has been quietly building our children's services and now it's time to let you know what we have to offer.

Kids' School Holiday Group Programs

Our goal is to have at least one group activity for kids every school holidays!

Fizzio Fundays: For 10–16-year-old boys with Duchenne and Becker muscular dystrophy who are transitioning or already using power wheelchairs. The goal is treatment in a fun group setting with plenty of time to socialise with peers.

- Group tasks according to a treatment goal - physiotherapy or occupational therapy or both
- Games and fun activities e.g. Joe, our physiotherapist, loves NERF gun battles with the boys' group
- Maybe a guest speaker, like Tristram Peters, who's on Muscular Dystrophy Queensland's board, is a journalist, a champion power football player, and is keen to chat and answer questions about his positive attitude to life.
- Geraldine Burgess, social worker, joins the parents for a facilitated discussion about issues which arise for parents of children with a neuromuscular condition. Child minding is not available, so we request that other children are not brought along to enable parents to get the most out of Geraldine's program.
- Currently, the venue is the old Town Hall at Sandgate Rd, Nundah – a short stroll from Muscular Dystrophy Queensland's office
- Programs are approximately 4 hours including therapy time, games and lunch which is provided for all attendees.
- The only cost is for the treatment - 2 hrs of therapy from your NDIS Plan. If you don't have an NDIS Plan, please call Suzi Zahnow on 07 3243 9700 to discuss options. She can also provide advice about accessing the NDIS



Little Kids' Holiday OT Program: Our very first *Little Kids Holiday OT program* is scheduled for Wednesday 5 April. This group is for young children (0-8ish) with any neuromuscular condition, and their parents.

- There will be an occupational therapy focus, with activities aimed at developing fine motor skills and social integration. It will be play based and our paediatric occupational therapist is leading the program.
- Geraldine Burgess, social worker, will join the parents for a facilitated discussion about issues which arise for parents of children with a neuromuscular condition. Child minding is not available, so we request that other children are not brought along to enable parents to get the most out of Geraldine's program.
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Specialist Disability Support in Schools (SDSS) Program

The SDSS program supports your child's school by providing funding to approved organisations, like Muscular Dystrophy Queensland, to deliver services which improve access to and participation in curriculum, and therefore, to improve your child's educational outcomes.

With your consent, members of our allied health team may do one or more of the following:

- Educate and support teachers and local therapists about neuromuscular conditions
- Provide practical support for your child to have access to classroom learning
- Provide advice about physical access to your child's school
- Assist with alternate PE and other programs so your child can fully participate in the curriculum
- And much more...

The service is free for your child however the school must request Muscular Dystrophy Queensland's services, with your consent. Our allied health team will support you to understand the processes required to set up school visits for your child.

If you would like Muscular Dystrophy Queensland to support your child in their school setting, email: info@mdqld.org.au or call 07 3243 9700 and speak with Suzi Zahnow.

Meet our growing allied health team

Physiotherapy

Many of you will know Lynne Borgert, our Lead Physio, who is very experienced with children with neuromuscular conditions. She has a clear vision for children's services at Muscular Dystrophy Queensland and would like to see quality allied health services provided by excellent physiotherapists and occupational therapists plus group sessions, and events so kids can get to know each other.



Lynne Borgert



Lisa Harrison



Joe Nolan



Vikki Lam

Occupational therapy

Kerri- Anne Harris is our paediatric occupational therapist. She has lots of experience in working with children and will be leading our *Little Kids Holiday Program*.



Emma Larwill



Izzi Harman

Allied health role for children

The allied health professional working with children has a dual role that includes managing the child's neuromuscular condition and promoting their childhood development. They enable inclusion for your child at home, school, and in the community.

- Physiotherapists provide treatment to promote gross motor development (including respiratory and spinal care, stretches and home programs, blocks of therapy and hydrotherapy); and review and other forms of surveillance to minimize and intervene early if there are complications. Physiotherapists prescribe mobility aids such as wheelchairs, scooters and walkers and support your child to maintain physical function.
- Occupational therapists (OTs) support fine motor development, dressing, toileting and other personal care tasks, technology access, positioning and sleep systems, sensory regulation, cognition, and support with play-based development and social skills. OTs prescribe equipment such as shower chairs and mattresses; advise about technology; improve general positioning with supportive chairs and tables; assist with minor home modifications; and help with continence.

Allied health professionals work with the family and other service providers to deliver individualised, evidence based, culturally sensitive supports.

Other services offered by Muscular Dystrophy Queensland

You might also like to review the other services offered by Muscular Dystrophy Queensland. There is more detailed information as well on <https://mdqld.org.au/services/services-for-children/>

- InfoLine: We can help to answer any question or support you with any concern. Phone: 1800 676 364 or email: info@mdqld.org.au
- Hydrotherapy: Hydrotherapy is fun and we provide it at several sites in the southeast corner. Call 07 3243 9700
- Community Update: This newsletter is part of our Community Update program. We write and circulate periodic Community Updates and anyone who is interested can sign up to receive them. You can also become a community member by completing a form on our website: <https://mdqld.org.au/our-community/become-a-community-member/>

All enquiries: Phone 07 3243 9700 or Email info@mdqld.org.au



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