

## How can we help?

Our Paediatric Allied Health team can assist if you have concerns with your child's development.

### Speech Pathology

- Speech sounds
- Talking skills
- Listening and understanding
- Fluency

### Occupational Therapy

- Handwriting and pencil skills
- Fine motor skills
- Help with dressing and self-care
- Sensory processing
- Play skills

### Physiotherapy

- Sitting, standing, moving, and walking
- Balance and coordination

### Clinical Psychology

- Challenging behaviour
- Thoughts and feelings
- Social and emotional problems

### Audiology

- Hearing and ear health concerns

## What do we do?

Our Paediatric Allied Health Team are here to support your child's development.

We will assess your child for any difficulties and work with you to develop plans to resolve or manage them.

We work with you, schools, preschools, and others to help your child reach their goals.

We can also help you to connect with other services. Enquires welcome.

### For more information, visit:



[islhd.health.nsw.gov.au/services-clinics/kids-and-families](http://islhd.health.nsw.gov.au/services-clinics/kids-and-families)



[facebook.com/ChildandFamilyHealthISLHD](https://facebook.com/ChildandFamilyHealthISLHD)



[@islhdchildandfamilyhealth](https://www.instagram.com/islhdchildandfamilyhealth)

**Need an Interpreter?** Interpreters are available if you need help to communicate with staff. The service is free and confidential. We will book the interpreter for you. You can also call the Translating and Interpreting Service on 131 450 if you need to speak to someone before your appointment.

### Need an Aboriginal Health Worker?

An Aboriginal Health Worker (AHW) advocates for the needs of consumers who identify as Aboriginal or Torres Strait Islander. They can provide support and information to help you. Tell staff you would like to speak to an AHW, or let them know if there is an AHW you would like us to contact.



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## Illawarra Shoalhaven Local Health District



## Child and Family Allied Health Services

Working together to  
support child development



Health  
Illawarra Shoalhaven  
Local Health District

## Information about our service

- Parents and carers can call us directly to refer to our services.
- A GP referral is needed for Audiology (hearing) services.
- All Child and Family services are free for Medicare card holders.
- We have waiting lists. Refer as soon as you have concerns.
- We offer clinic based and virtual appointments.
- We are not an NDIS provider.
- We aim for all sessions to be child & family focussed and to build on your child's strengths.
- Child & Family Health staff walk alongside our Aboriginal and Torres Strait Islander families to reach better health outcomes for our families, communities, and future generations.



## How to refer to Speech, OT, Physiotherapy, or Psychology?

### WOLLONGONG area:

Child & Family Port Kembla Hospital  
89-91 Cowper Street Warrawong  
Phone 4223 8044

### SHELLHARBOUR & KIAMA areas:

Kids Cottage  
1/10 Belfast Avenue Warilla NSW 2528  
Phone 4233 3150



### SHOALHAVEN area:

#### Physiotherapy & Occupational Therapy

Nowra Family Care Centre  
Phone 4424 6460

#### Shoalhaven Speech Pathology

Nowra Community Health Centre  
Nowra area phone: 4424 6460

Ulladulla HealthOne  
Ulladulla area phone: 4455 9999

#### Shoalhaven Clinical Psychology

Nowra Community Health Centre  
Access & Referral Centre  
Phone 1300 792 755

## How to refer to Audiology?

Audiology appointments require a referral from a GP, medical specialist, Allied Health Professional, Aboriginal Medical Services, or refugee organisation.

### Kids Cottage Warilla

#### 0-8 years

Phone 4233 3150

Fax or email the referral to 4233 3155

[ISLHD-KidsCottage@health.nsw.gov.au](mailto:ISLHD-KidsCottage@health.nsw.gov.au)

### Kiama Community Health Centre

#### 4-18 years

Phone 4233 3150

Fax or email the referral to 4233 3155

[ISLHD-KidsCottage@health.nsw.gov.au](mailto:ISLHD-KidsCottage@health.nsw.gov.au)

### Port Kembla Hospital

#### 8 years to adult

Phone 4223 8033

Fax the referral to 4223 8025

### Nowra Community Health Centre

#### 0 years - adults

Note - Call Nowra Family Care Centre to make appointment.

Phone 4424 6460

Fax or email the referral to 4424 6460

[ISLHD-NOW-familyCareCentreAdmin@health.nsw.gov.au](mailto:ISLHD-NOW-familyCareCentreAdmin@health.nsw.gov.au)

### Ulladulla

#### 4-18 years

HealthOne Ulladulla

Phone - 4455 9999

Limited appointments available