



CANOLFAN DYSCOVERY CENTRE

SPECIALIST SERVICES INFORMATION PACK

Primary and Secondary School

University of Wales, Newport
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Information about the Dyscovery Centre

The Dyscovery Centre provides a specialist high quality service working as an **inter-disciplinary team** of health and educational professionals to provide an integrated assessment in one place and where possible at one time.

The team will see children and adolescents who may have symptoms relating to:

- Developmental Co-ordination Disorder
- Dyspraxia
- Dyslexia
- Attention Deficit Hyperactivity Disorder
- Asperger's Syndrome / Autistic Spectrum Disorders and associated difficulties

Difficulties seen may be with reading, spelling, handwriting, organisation, concentration, co-ordination, language and communication, self care, social skills or behaviour.

We offer:

- Tailor made services to meet the individual needs in the context of family and school life
- A team of expert health and educational professionals, under one roof
- A practical approach
- Comprehensive reports
- Support for the whole family
- Access to specialist resources and useful information
- A friendly non-clinical atmosphere
- Training and educational courses for professionals, parents or the public
- A team who are committed to you

The Dyscovery Centre is endorsed as an approved service provider to the NHS and some private insurance companies. The team helps people of all ages and takes referrals from statutory and voluntary bodies as well as directly from the individual.

Which Professionals make up the Team?

Medical Director

The Medical Director works with the team to provide a diagnosis (if appropriate) and an overview of the individual's physical, psychological and social strengths and difficulties. The Medical Director can also provide advice on the type and level of support required, with specific emphasis on organisational skills and behavioural management.

Child and Adolescent Psychiatrist

The Psychiatrist works with children and adolescents to explore their individual needs and provide a diagnosis for a range of psychiatric and psychological conditions (if appropriate). Areas include (but are not limited to) Attention Deficit Hyperactivity Disorder (ADHD), depression, Tourette's Syndrome, Autistic Spectrum Disorder or disorders of behaviour.

Occupational Therapist

The Occupational Therapist provides assessment and practical advice to individuals, to assist them to participate in their chosen 'occupations' i.e. self-care, work, play, leisure. The Occupational Therapist assesses and advises on the underlying components needed for these everyday living skills such as balance, coordination, fine motor skills and visual perception. The Occupational Therapist can also provide activities to promote skill development, compensatory techniques and intervention programs if appropriate.

Educational Psychologist

The Educational Psychologist provides a learning profile using evidence of the individual's strengths and difficulties, gained through interview and formal assessment. Areas covered can include cognitive development, literacy, numeracy, social skill development and self-esteem.

Psychotherapist and Counsellor

The Psychotherapist can assist people who are experiencing difficulties in areas such as emotional, learning, behavioural and social issues. The Psychotherapist may explore the causes of issues with the individual and collaboratively devise intervention programs, which aim to empower the person to achieve desired changes in their lifestyle. Counselling can be provided to children and/or families depending on individual needs.

Speech and Language Therapist

The Speech and Language Therapist assesses and advises on communication skills. These include understanding words and their meaning, expressing thoughts and ideas, producing speech and understanding social aspects to communication.

Physiotherapist

The Physiotherapist assesses and advises on physical development, motor skills and posture. These skills are needed for general mobility and participation in physical activities such as sports. Intervention may involve specific exercises to strengthen particular muscle groups.

Specialist Services Advisor

The Specialist Services Advisor works from an educational perspective. The Specialist Services Advisor can work with children or adolescents either individually or within a group situation, to develop literacy, numeracy, handwriting or computer skills.

What help can The Dyscovery Centre Provide?

Some of the services we can offer:

1. Comprehensive assessment packages by one or a number of team members
2. Practical advice consultations
3. Counselling
4. Intervention – individual or group sessions looking at writing, keyboarding, coordination skills, social skills, language skills, mathematics and reading etc.
5. Tailored training sessions for schools, colleges, organisations, parent groups etc. Topics could include: Specific Learning Difficulties, handwriting, social skills, transition etc.

For examples of previous packages offered by the Dyscovery Centre please see the **scenarios**.

Assessment Options to Consider:

Consultation:

This is a **problem solving** session with parents/carers/adolescents to discuss everyday living and learning issues, rather than a diagnostic assessment.

Areas could include:

- Personal Skills – dressing, personal hygiene
- Daily living skills – organisational skills
- Classroom skills – reading, writing, using scissors, use of computers
- Social skills – play, behaviour, making friends
- Language skills – understanding and using appropriate communication strategies
- Transitioning into secondary school / college / university / workplace

General handouts can be provided at the time of the appointment.

Comprehensive Assessment Packages with Tailored Strategies and Advice:

A comprehensive assessment package includes examination and relevant standardised assessments (where appropriate) and observations administered in order to draw or contribute to a ***diagnosis, if possible and appropriate***. A detailed report and recommendations will be provided, which will include individualised strategies and advice for use at home and school, related to the issues raised during the assessment.

School Based Assessments:

A school based assessment gives the opportunity to explore the most relevant advice and strategies with the school staff involved.

The assessment can include:

- Classroom observations
- Individual assessments using standardised and non-standardised tools, as appropriate
- Advice to Teachers and Learning Support Assistants
- Appropriate strategies or activities that are relevant to the child and the National Curriculum
- Advice on environmental modifications. For example, ergonomics of accessing the computer, position of the child in class etc.
- Liaison with local agencies, therapists etc.

A full report detailing assessment findings and individual strategies and advice would be provided.

School based intervention or support can also be provided and this can be negotiated on an individual basis.

Computer Assessments:

This assessment will explore the current skill level of an individual using a keyboard and computer. Recommendations would detail appropriate programs to develop relevant computer skills.

Handwriting Assessments:

This assessment will analyze the foundation skills needed for writing, such as motor skills, perceptual skills and literacy. It will consider the child's need to write for different purposes e.g. at speed, creative writing, copying. Strategies or equipment to promote the child's handwriting will be explored along with alternatives to handwriting if appropriate.

Emotional and Behavioural Difficulties:

This assessment incorporates an exploration of the child/adolescent's difficulties within the different contexts in which they find themselves (e.g. home with family, partners, friends, school, work, social activities, sports activities) with the goal of devising an intervention program that will support emotional and behavioural change in the child/adolescent's environment.

Numeracy Assessments:

This assessment is functional and will explore the child/adolescent's current numeracy skill level, within the context of their cognitive abilities and the environmental demands. Intervention can then be devised so that it meets the individual's needs by utilising their preferred ways of learning.

The Dyscovery Centre consists of a trans-disciplinary team and if deemed appropriate the individual or family may see more than one professional. In this instance combined feedback / report will be provided in order to present a holistic picture.

Intervention Options to Consider:

Interventions (i.e. supportive strategies / treatment / counselling / help and guidance sessions with relevant health professionals) are **tailored** to the needs of the individual and family. The interventions aim to promote confidence for learning, as well as developing skills and strategies in the areas of concern.

Intervention can cover areas previously described in the assessment information.

In order for The Dyscovery Centre to provide intervention options that are tailored and relevant to the individual or family, **background information** is required. This can either be from a previous Dyscovery Centre assessment or other relevant sources. This will be discussed with you in detail during the initial referral telephone consultation.

Intervention can be delivered at the centre, school or in the home (or a combination) depending on the needs of the individual and family. Intervention sessions can also be individually delivered or as part of a group. For families living a distance from Newport, services can be offered via post, internet, web cameras or telephone.

Examples of previous packages offered by The Dyscovery Centre

EXAMPLE ONE

Leila is an 8 year old girl. From the parent and teacher questionnaires it was highlighted that she has difficulties with:

- remembering and following instructions,
- processing verbal information,
- reading,
- handwriting,
- tying her shoelaces,
- managing cutlery and other self care tasks.

After the referral discussion with a senior practitioner, the main priorities were noted and Occupational Therapy and Speech and Language Therapy assessments were recommended. The parents identified that they wished to have a comprehensive assessment (and a diagnosis if appropriate) with specific strategies to help Leila.

Costing:

- Initial referral processing and consultation (telephone): £95
 - Assessment Package including comprehensive assessment with two relevant health professionals, a detailed integrated report and specific strategies: £1300
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EXAMPLE TWO

From the parent and teacher questionnaires for 14 year old Josh, his parents identified issues regarding Josh's behaviour and his self esteem. After the referral discussion with a senior practitioner, the main priorities were noted and a consultation with the psychologist was recommended.

During the appointment the psychologist spent approximately one hour in discussion with Josh's parents, with Josh's permission. Supporting handouts were provided at the time of the appointment.

Costing:

- Initial referral processing and consultation (telephone): £95
- One hour consultation with a health professional, and supporting handouts: £150

EXAMPLE THREE

Jack is a 7 year old boy. From the parent and teacher questionnaires it was highlighted that he has difficulties with:

- handwriting skills,
- general clumsiness
- keeping up with the amount of work in class
- difficulties with P.E.

After the referral discussion with a senior practitioner, the main priorities were noted and an Occupational Therapy assessment was recommended. The parents requested a full assessment to find out if Jack met the criteria for a diagnosis of Developmental Coordination Disorder (sometimes known as Dyspraxia). They also wanted specific strategies to help Jack.

Costing:

- Initial referral processing and consultation (telephone): £95
- Assessment Package including a comprehensive assessment, a detailed report and specific strategies by an Occupational Therapist: £650

Jack's parents wanted a program for Jack's handwriting. Due to the distances involved a handwriting package was sent to Jack with details of how it should be implemented. The package consisted of advice and worksheets which when completed are sent back to The Dyscovery Centre so the next appropriate stage could be provided. After this second package was sent back there was a ½ hour follow up telephone consultation with the Specialist Services Advisor.

Costing: Two handwriting packages and ½ hour telephone consultation: £250

EXAMPLE FOUR

Abigail is a 10 year old girl. From the parent and teacher questionnaires it was highlighted that she has difficulties with:

- Social interactions with her peers
- Her ability to understand instructions
- Expressing her ideas in class

After the referral discussion with a senior practitioner, the main priorities were noted and Speech and Language Therapy assessment was recommended. The parents identified that they wished to have the school involved as many of her issues are highlighted at school. Thus a school visit was arranged so that Abigail could be observed with her peer group and there would be opportunities to gain information and give specific advice to the teachers. An opportunity at the end of the day was arranged for feedback with the parents at the school. A report was provided with appropriate strategies and handouts.

Costing:

- Initial referral processing and consultation (telephone): £95
- Whole school day visit with a Speech and Language Therapist, with a report and specific strategies: £850
- Travelling time (£60 per hour) and other expenses (e.g. mileage) would be added as appropriate.

N.B. Training can also be arranged during the school day with the school staff. In this instance the school and parents may wish to split the costs for the day.

Making an Appointment

If you wish to access our services, please visit our web page: www.dyscovery.org and download the appropriate questionnaires (e.g. children, adolescent). We aim to obtain an accurate and comprehensive picture of an individual, their difficulties and their strengths in a range of settings. Therefore it is important that the questionnaires are filled in as fully as possible.

Provided below are the steps for accessing The Dyscovery Centre Services:

1. Initial contact made by family or the individual.
2. Questionnaires are downloaded from the website: www.dyscovery.org or requested from the centre.
3. Questionnaires, any additional information and a non-refundable referral fee of £95.00 to be sent to The Dyscovery Centre made payable to: **University of Wales Newport** or we can accept payment by Visa/Debit card.
4. Referral discussed between the clinical team.
5. Initial telephone consultation takes place with a senior member of the clinical team to clarify service needs.
6. The Clinical Co-ordinator will contact you to arrange a convenient appointment time with relevant members of the clinical team.
7. A letter is sent to confirm the appointment time, with directions to the centre and other relevant details. Part payment for the service(s) is requested as a deposit by return of post.
8. The appointment day takes place with relevant team members at the centre, home or school as arranged. Some feedback at the appointment is given if appropriate. Final payment for the services is requested.
9. A report is sent, if it is part of the package, within 4 weeks.
10. Arrangements are made for any appropriate intervention services, if requested.
11. If appropriate, follow-up services are arranged.

Additional Information

Referrals received by the Centre other than those directly from the clients should contact the Centre to discuss individual/local protocols.

Your GP will be provided with a copy of your report.

Children under 4 years of age can be seen at the Centre. In these instances, assessments may be conducted through the medium of play using clinical observations.

Following an assessment you may be advised to see other specialists where necessary. Where possible, the team will make referrals back to local services.

Please feel free to contact the Centre if any further assistance is required.

**The staff at The Dyscovery Centre would like to
thank you for your interest in its services. We
very much look forward to hearing from you in
the future.**

TERMS & CONDITIONS

- In order for your referral to be processed, the £95.00 fee must be returned with the questionnaires and relevant reports/supporting information, unless a third party e.g. your GP has referred you. This is a non-returnable fee.
- Once an appropriate service has been agreed with the client, a Service Agreement will be forwarded confirming the appointment times. This agreement must be signed and returned to the Centre accompanied by a cheque for 50% of the total value of the service. This payment acts as a non - refundable deposit and confirms the appointment. It is important that this is returned to the Centre prior to the appointment date. Failure to do so may result in the appointment being cancelled, and an administration fee will be applied. The remaining fee will become payable on the day of the appointment.
- **Cheques should be made payable to: University of Wales, Newport. Debit & credit card payments can be made by telephone.**
- *The Dyscovery Centre retains the right to decline the provision of services at any stage if it is felt that services would not be of benefit to either party.*
- The Centre accepts referrals from clients who wish to use their own Health Insurance Company. However, it is the client's responsibility to pay the Centre for the services provided at the time of the appointment and reclaim the money from their Health Insurance Company. Any work undertaken by the Centre in respect of Health Insurance claims will incur additional costs. It is strongly advised that clients request confirmation of the funding in writing before approaching the Centre to avoid delays. Most Health Insurance Companies require a referral from a Paediatrician.
- In the event of a cancellation without reasonable notice, a cancellation fee of 25% of the remaining balance will be charged (i.e. over and above the non-refundable deposit referred to above).
- In the event of a postponement an administration fee will be charged depending upon the notice given.
- The Centre is not able to offer crèche facilities.
- Due to its area of special interest the Centre frequently has visitors from other professions to observe the work of the team. Your consent will be sought.
- Except where exclusion of liability would be contrary to law, The Dyscovery Centre shall not be liable for damages or loss of whatever nature or in respect of indemnity claims by other parties arising from delay or interruption caused by; Acts of God, legislation, war, fire, flood, drought, failure of power supply, strikes, lockouts, trade disputes, breakdowns, accidents, sickness, failure of external services, or any other circumstances beyond the control of the Dyscovery Centre.
- We are a teaching and research centre and students frequently participate in our work and assessments. Photographs / video recording of the session may take place as part of the assessment or treatment package or for teaching purposes and to liaise with other professionals. Your written consent will be sought.