

What to do before referring to pediatric neurodevelopmental clinics at the Glenrose Rehabilitation Hospital (GRH)

1 Families and their doctor can work to manage general health issues

- Community audiology assessment (Pediatric Community Rehabilitation Central Intake: 1-888-925-4044)
- Community vision assessment by an optometrist
- Screen for and manage common issues such as, but not limited to, headaches, seizures, constipation, sleep issues, dental concerns, anxiety, and Attention-Deficit/Hyperactivity Disorder
- Families can also call 211 for navigation support and 811 for general health advice

2 Families are encouraged to access community supports and intervention

- Families are encouraged to call **Pediatric Community Rehabilitation (PCR)** for services to support the child, youth and family's functional goals. Families are expected to be active participants in therapy and rehabilitation. Service is not for assessment.
 - **PCR Central Intake** 1-888-925-4044
 - **Speech Language Therapy**
 - age zero to five years for difficulty understanding spoken language and/or using words/gestures/pictures to communicate ideas and interact with others
 - age zero to 18 years for difficulty pronouncing speech sounds or speaking smoothly, or need for help with augmentative and alternative communication (ways to compensate for communication difficulty)
 - **Occupational therapy** (age zero to 18 years for self care, motor development and eating, feeding and swallowing)
 - **Physiotherapy** (age zero to 17 years for movement)
 - **Early Childhood Intervention**
- Occupational Therapy Pediatric Outpatient Service at the Stollery Children's Hospital. Referral phone 780-407-8957. For more information go to <http://albertareferraldirectory.ca>
- Nutrition counselling - Pediatrics, Edmonton Zone
 - Referral Phone: 780-735-5867
- Free Alberta Parenting Course: Triple P Parenting (<http://triplep-parenting.ca>)

3 Families can access local school services or private Early Childhood Services (ECS)

- For children aged two years eight months to four years eight months family can call the local school about **pre-kindergarten programs**
- For children and youth aged older than four years eight months families can ask school about **Individualized Program Plans**
- Families can call GRIT (gritprogram.ca) at 780-454-9910 or email gritprog@gritprogram.ca for community navigation support and options for inclusive early childhood services and childcare (two years of age to transition to grade one)

4 Families are encouraged to access mental health supports for their child, if needed

- For children aged less than three years, referral to Elmtree Clinic for child psychiatry (www.elmtreeclinic.ca). Physician-to-physician phone consultation is available for questions about medication management of children less than five years of age.
- For children aged two years nine months to four years nine months, CASA Mental Health (780-410-8483)
- For children and youth aged five years to 17 years, family can call Recovery Alberta for child and adolescent mental health (780-342-4415) to access individual and family mental health counselling
- For children and youth aged 11 to 25 years, family can call 780-905-3410 or access walk-in mental health support through Kickstand Integrated Youth Hub (<https://mykickstand.ca>)
- For confidential support of mental health 24- hours, 7 days a week call the Mental Health Helpline (1-877-303-2642)

5 Consider referral to other medical specialists to support community management

- Consultation with a
 - community general pediatrician
 - child and adolescent psychiatrist
 - pediatric neurologist
- Referral to Child Health Behavior Clinic at Misericordia Community Hospital (780-735-2613) for either:
 - Physician assessment and short term management, or
 - Resilience and Skill Building program
- Referral to East Edmonton Health Centre Learning and Development Clinic for:
 - Genomic psychiatry to support medication management and also for genetic counselling
 - Medication and other management recommendations for children with developmental concerns and mental health needs
 - Call Recovery Alberta child and adolescent mental health central intake for referral form: 780-342-4415
 - More information can be found on the Alberta Referral Directory website: <http://albertareferraldirectory.ca>
- ConnectMD for physician-to-physician consultation with community specialists.
 - Call 1-844-633-2263 or go to www.pcnconnectmd.com
- Psychology assessment (<http://psychologistsassociation.ab.ca>) may be beneficial for some children. Some families may have health plans to cover this cost. These assessments may also be available through schools.