

## What to expect from services



Pediatric rehabilitation helps children and youth live well, build resiliency and take part in activities meaningful to them and their families.

Care involves children, youth and families every step of the way. Families and healthcare providers work together to:

- Take part in activities that are important to them
- Set therapy goals and activities to help children and youth develop skills
- Recover from a range of health conditions

AHS offers services for children and youth who have (neuro) developmental and/or medical conditions. Services focus on:

- Health and developmental needs of infants and children in the early years
- Episodic care for children and youth in the child and youth years

Services are provided in community, outpatient and specialized rehabilitation settings. The healthcare providers involved in care may vary.

Here's what you can expect from pediatric rehabilitation services:



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- We will involve you and your family every step of the way.
- We will ask you what's important to your child and family (what matters to you) e.g. daily routines, family and friends, activities you enjoy.
- We will work with you to understand your child's strengths and needs. This guides the care plan.
- We will set goals together and pick activities to help achieve the goals. Goals help to keep therapy focused and help us to measure progress.
- Therapy may look like 'play', depending on the child's age. We will work with you to find practice activities to do at home that fit with your life.
- Services may be provided in a group, one-to-one or by connecting you with resources.
- You may meet with your healthcare provider in-person, by phone or videoconference.
- We will ask you how the care plan is working for your child and family. We want to know if things are getting in the way of rehabilitation. For example, travel, health, other family needs.
- We will work with you and other providers involved with your child and family to coordinate care.
- We will talk with you about next steps. You and your child will be supported to move to the next developmental stage or between providers and services.
- The length of service will vary. It is based on a child's needs and goals, and the availability of local programs.
- We will access AHS Translation/Interpretation services if they are needed.
- Some services may not be provided if children and youth are already receiving supports through Alberta Education or Family Supports for Children with Disabilities (FSCD) programs.

**To learn more about pediatric rehabilitation services in your area, visit [ahs.ca/PedRehab](https://ahs.ca/PedRehab).**

