



Therapy for Children and Younger Adults with Special Needs

All children and younger adults learn through play. They acquire and practice physical, social, emotional, intellectual and sensory skills which are important in life. Those with special needs are no different, they too learn through play. To assist the development of those with special needs often play or games are used in a deliberate way to help them achieve certain developmental milestones.

Physio, Speech Language and Occupational Therapists can help. They will pinpoint what the child or young person is able to do and assess whether they are progressing at the expected development rate. If a child or younger person is behind in their development the therapist may:

- provide equipment or alternative methods for them to do certain activities.
- suggest games, play ideas and play equipment.
- recommend sensory equipment and activities to help them focus.

Toys, games and equipment can be expensive. For many families there are several ways you can reduce the cost, by buying second hand, sharing toys with other families, or joining a toy library. If you live in Christchurch. If you have a special needs child or younger adult you can use the Special Needs Library for educational and therapeutic toys.

The Special Needs Library assists parents and professionals to help those with special needs, supplies good play material and ideas to enrich the learning experiences, and employs a Play Advisor to assist parents to choose appropriate toys.

They provide stimulating educational toys and equipment. Age is irrelevant. The needs of the clients are the most important factor. Those needs are from mild to severe and in any developmental area.

The Special Needs Library offers you:

- a wide range of specialist toys
- ideas for their use
- home visiting Education Play Advisor

Catering for:

- stimulation
- challenge
- early learning skills
- language development
- co-ordination
- sight and hearing
- behaviour management





They welcome children and adults with long or short-term special needs, their families, teacher and therapists; groups and schools; or anyone with an interest in special needs.

For example:

- newborn Spina Bifida or Downs Syndrome clients requiring early stimulation
- very bright, very active toddlers needing plenty of play experiences
- autism
- multiple births
- children with delayed language development
- severely physically disabled people
- those with developmental delays
- poorly co-ordinated children, often with specific learning difficulties
- sensory impaired children
- 'short-term needs' clients - perhaps a convalescent patient
- clients facing the special problems of the aging process



For those children or younger adults with sensory issues - smell, visual, sound, touch, balance, posture, weight and pressure or issues with oral motor (muscles of eating), gross motor (large muscle movements), fine motor (finger skills) there is some help. The Southern Centre - multi sensory experience run out of Pioneer Recreation and Sports Centre is a great resource.

Specialist sensory equipment can be brought from Sensory Corner in Auckland www.sensorycorner.co.nz. We would recommend you consult a therapist before using a sensory room or purchasing sensory equipment.

The Southern Centre is a multi-sensory recreational environment for people of all ages and abilities. It uses innovative lighting and sound technology which allows participants to explore and create at the touch of a switch. It is a unique facility with the ability to cater for the needs of the individual and empowers the participant/s to choose their own environment, make changes and control their leisure time.

The Southern Centre is located within Pioneer Recreation & Sport Centre and is a partnership that incorporates the Christchurch City Council and the Southern Centre Charitable Trust.

If you have a child or younger adult who is struggling, or they appear behind in their development compared to their peers, our friendly therapist may be able to help.

Just contact Therapy Professionals Ltd
Phone: (03) 377 5280
Email: admin@tpl.nz
Website: therapyprofessionals.co.nz