



# 谁能帮助你？

Simplified Chinese - Who can help?



**如果你担心孩子的发育成长，应该向专业人士咨询，这对你和孩子都有帮助。本份资料为你解释不同的医护专业人员能够提供的支援服务。**

## 全科医生

全科医生（有时称“GP”）是为所有年龄段人士治病的医护专业人员。他们能帮助评估你和孩子在各方面的身心健康需要。在澳大利亚，你通常需要首先去看全科医生，然后由他们将你转介给其他专业人员。



## 心理学家

当一个人在思维、情绪、学习新技能或行为方面遇到困难或存在问题时，心理学家（有时称“心理医生”）能够提供帮助。心理学家有时候以小组交谈，有时候则与人单独交谈。他们能为父母和孩子提供协助，并提供一些可能有帮助的新方式和策略。

## 儿科专家

儿科专家是针对婴儿、幼儿和青少年疾病进行治疗的专科医生。有一些儿科专家在医院工作，另外一些在社区中提供服务。他们能将你的孩子转诊给其他医护专业人员，让你们获得更多方面的支援。

## 听力学家

听力学家是专科医生，专门诊断听觉方面的问题。他们能帮助人们改善听力。

## 精神科专家

精神科专家是专门从事精神健康方面工作的专科医生。除了诊断和治疗精神疾病外，他们还能针对人们在智力、情感和行为方面出现的差异提供支援。他们运用包括心理辅导和药物治疗结合在内的不同治疗方式帮助患者。

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## 谁能帮助你？

### 物理治疗师

物理治疗师(有时称“理疗师”)的工作是对人体骨骼、肌肉和其他身体部位实施矫正和治疗。他们为所有年龄段人士服务。物理治疗师通过一系列有针对性的运动或利用物理辅助工具帮助人们更好地控制身体。

### 职业治疗师

职业治疗师(有时称“OT”)能帮助你孩子参与日常活动,包括:

- 自我照顾,例如自己进食、穿衣服、刷牙和上厕所。
- 参加家庭、学校、工作和社区活动,例如写字、使用剪刀、应对感官差异(包括食物敏感度、响声和亮光等)以及使用公共交通工具。
- 参加他们喜欢的活动,例如与他人一起玩耍,与志趣相投的人建立联系。职业治疗师还能提供帮助人们参加他们喜欢的活动所需的工具和支持。

### 社会工作者

社会工作者能够帮助人们应对生活中面临的问题,在他们遇到困难时提供指引。社工还能协助人们区分事务的轻重缓急,并帮助他们找到合适的支援服务。

### 言语病理学家/治疗师

言语病理学家专门帮助人们沟通。沟通不仅需要听和讲,同时还需要依靠一个人的听觉、理解力、社交技能、读写技能和声音运用技能。言语病理学家帮助人们使用并理解单词和语言。他们有时候还能帮助人们找到替代沟通模式,例如使用语音设备、电脑、手机、物件、画板、手势和手语。

### 远程医疗

远程医疗是指专业医疗人员通过电话或视频方式为你看病。很多全科医生、专科医生和其他卫生服务专业人员能够在不需要或无法进行身体检查时以远程问诊方式为病患作诊疗。虽然远程医疗不能取代看医生,但是当你无法前往医院或诊所时,这或许是一个有帮助的选择。



# Who can help?



**If you are worried about your child's development, talking to a professional may help you and your child. This information explains what different professionals do to provide support.**

## General Practitioner (GP)

A GP is a medical doctor who works with people of all ages. A GP can help with assessing physical and mental health needs for you and your child. In Australia, you often need to see your GP to get a referral to many other professionals.



## Psychologists

Psychologists (sometimes called 'psychs') can help people when they have trouble with their thinking, emotions, learning new skills or behaviour. Sometimes psychologists work with people in groups and sometimes they will talk to people by themselves. They can support parents and children with new ideas and strategies to try that might help.

## Paediatricians

Paediatricians are medical doctors who specialise in the medical care of infants, children and teenagers. They can work in hospitals or in the community. They can also refer your child to other professionals for extra support.

## Audiologists

Audiologists are specialists who can find out if people have hearing problems and can often help improve people's hearing.

## Psychiatrists

A psychiatrist is a medical doctor who specialises in mental health. Psychiatrists diagnose, treat and support mental, emotional and behavioural differences. They work in different ways and can use a combination of approaches including counselling and medication.

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## Who can help?

### Physiotherapists

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Physiotherapists (sometimes called physios) work with people of all ages when they need help with their bones, muscles, and other parts of the body. Physios can support people with specific exercises or physical aids that help them manage better.

### Occupational Therapists

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Occupational Therapists (sometimes called OTs) help your child to participate in everyday activities including:

- Looking after themselves – for example: Feeding themselves, getting dressed, brushing teeth, toileting
- Taking part in activities at home, school, work and in the community – for example: Writing, using scissors, coping with sensory differences (e.g. food sensitivities, loud sounds, bright lights etc.) using public transport
- Taking part in activities they enjoy for example: Playing with others, connecting with others with similar interests. OT's can also provide tools or supports to help people take part in activities they enjoy.

### Teachers

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help children learn skills like reading and writing, including children that need extra help, or learn and behave differently. Talking to the teacher can help them to plan for your child's learning.

### Social workers

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Social workers can help people to cope with problems and guide them when facing challenges. Social Workers can help with managing priorities and helping people find the right supports.

### Speech Pathologists/ Therapists

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Speech Pathologists help people to communicate. Communication involves more than just speaking and listening. It also involves hearing, understanding, social skills, reading, writing and using voice. Speech Pathologists can help people to use and understand words/ language. Sometimes they help people to find alternative ways to communicate such as using speech devices, computers, mobile phones, objects, picture boards, gestures, sign language.

### Telehealth

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Telehealth is when you have an appointment with a healthcare provider by phone or video call. Many GPs, specialists and other healthcare workers offer a telehealth consultation when a physical examination isn't necessary or not possible. It doesn't replace visits to the doctor, but can be a helpful option when you can't see a doctor face to face.