



# 誰能幫助你？

Traditional Chinese - Who can help?



如果你擔心子女的發育成長，請向專業人士諮詢，這對你和孩子都有幫助。以下資訊解釋不同專業人士的工作和提供的支援。

## 全科醫生 (GP)

全科醫生是服務所有年齡層的醫生。全科醫生可以幫助評估你和你孩子的身心健康需要。在澳洲，你通常需要先看全科醫生，然後由全科醫生轉介給其他專業人士。



## 心理學家

心理學家有時也稱為“心理師”。在思考、學習新技能或行為方面遇到困難時，心理學家可提供幫助。心理學家有時進行小組治療，有時會和患者單獨談話。他們可以用新的想法和策略來支援幫助父母和孩子。

## 兒科醫生

兒科醫生是指專門從事嬰幼兒、兒童和青少年醫護工作的醫生。他們在醫院或社區工作，他們也可以轉介你的子女到其他醫護專業人士從而獲得額外的支援。

## 聽力學家

聽力學家是檢查人們是否患有聽力問題的專家。他們能幫助人們改善聽力。

## 精神科醫生

精神科醫生是專門研究精神健康的醫生。精神科醫生診斷、治療精神方面的疾病，並為精神、情感和行為方面的差異提供協助。他們以不同的方式幫助治療患者，包括結合心理輔導和藥物的方法。

查閱我們的網站 [positivepartnerships.com.au](http://positivepartnerships.com.au)



## 誰能幫助你？

### 物理治療師

物理治療師(有時稱為理療師)協助各個年齡階段的人,幫助改善骨骼、肌肉和身體其他部位的問題。理療師以特定的運動或物理輔助支援患者,幫助他們更好地管理身體。

### 職業治療師

職業治療師有時簡稱為OT。OT能幫助孩子參與日常活動,包括:

- 照顧自己 - 例如:自己吃飯、穿衣、刷牙、如廁
- 參與家庭、學校、工作和社區的活動 - 例如:寫作、使用剪刀、應付感官差異(例如對食物的敏感度、響亮的聲音、明亮的燈光等),使用公共交通工具
- 參加他們喜歡的活動,例如:與他人一起玩,與志趣相投的人建立聯繫。OT還可以提供工具或支持來幫助人們參與他們喜歡的活動。

### 社會工作者

社會工作者能幫助人們處理各種問題,並在他們遇到挑戰時給予指導。社會工作者可幫助人們安排事務的輕重緩急,並幫助他們尋求適當的支援。

### 語言病理師/治療師

語言病理師幫助人們溝通交流。溝通交流不僅僅是說和聽,還涉及聽力、理解、社交技能、閱讀、寫作和使用語音。語言病理學家可以幫助人們使用和理解單詞/語言。有時他們會幫助人們找到替代的交流方式,例如使用語音設備、電腦、手機、物件、畫板、手勢、手語。

### 遠程醫療

遠程醫療是指你通過電話或視頻電話與醫療保健人員見面。如果不需要或不可能進行身體檢查,許多全科醫生、專科醫生和其他醫護人員會提供遠程醫療諮詢。遠程醫療不能代替看醫生,但當你無法面對面看醫生時,這可能是一個有用的選擇。



# 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.