

A physiotherapist can be contacted when the client's occupational abilities or mobility have changed. The physiotherapist facilitates and maintains the occupational abilities and mobility of the client, keeping them as independent as possible, and mitigates the disadvantages caused by the disability in order to enable an active, social, independent and happy life for the client in their own everyday environment. The physiotherapist is in charge of assessing mobility and occupational abilities, planning, organising and monitoring the physiotherapy, mobility aids and the guidance and advisory services of the client's network.

A speech therapist can be contacted when you have any questions on social interactions, communication or eating. The speech therapist will assess the need for rehabilitation and is in charge of planning, organising and monitoring it. Additionally, the speech therapist will guide the client's network in matters related to interactions, communication and eating and, if necessary, in the use of augmentative and alternative communication methods (AAC).

An occupational therapist can be contacted when a client requires special support for taking care of themselves (dressing, eating), their day-to-day affairs (groceries, shopping), schooling, work participation, recreation (finding meaningful activities) or rest (time management, relaxation methods). The occupational therapist is in charge of assessing the intellectually disabled clients' needs for occupational therapy and manages small medical aids and apartment renovations. Additionally, the occupational therapist plans, organises and monitors the rehabilitation and guides the client's network in matters related to rehabilitation.

A sex counsellor can be contacted if there are questions or concerns about matters related to expressing or identifying emotions, social relationships and managing the related social interactions, or one's own sexuality or body. The client can attend the sex counselling alone, with their partner or with a support person. Sex counselling is provided on a confidential basis through discussion.

The working group of intensive support offers additional services to a client whose life situation becomes more challenging, rendering the existing support measures insufficient. The working group includes a coordinator, a psychiatric nurse and an occupational therapist, who together will provide the client's loved ones with additional support. The work can be carried out at homes, housing units, day and work activities and schools, among other places.

Helsinki

Social Services and Health Care Division
Family and social services
Services for the disabled
Outpatient clinic for the intellectually disabled

Welcome as a client of **THE OUTPATIENT CLINIC FOR THE INTELLECTUALLY DISABLED**



photo by: Meri Laakso

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Proposal for client relationship

The outpatient clinic for the intellectually disabled has received the referral concerning a client relationship with the Developmental Disabilities Services of the City of Helsinki. The client will be contacted in order to agree on an initial meeting either at the reception or during a home visit. A social worker from the client's residential area and, if necessary, a member of a working group of the outpatient clinic for the intellectually disabled (a psychologist or a therapist) will take part in the initial meeting. The purpose is to give information about client relationship with special services, review the current services and clarify service needs, both with regard to social services and possible rehabilitation.

Decision on the client relationship

Executive team of special care will confirm the decision concerning client relationship. This decision will be sent to the client. The client relationship enables the client to receive the services of the outpatient clinic for the intellectually disabled, which will also then be in charge of rehabilitation. Clients of the outpatient clinic for the intellectually disabled are still entitled to the services of basic health care, such as maternity and child health clinic services, school and student health care and health station services as well as special health care services, if necessary. The outpatient clinic for the intellectually disabled focuses on the services related to the disability.

Regional rehabilitation group of the outpatient clinic for the intellectually disabled

Work at the outpatient clinic for the intellectually disabled is multidisciplinary. The rehabilitation group may include doctors, public health nurses, psychologists, physiotherapists, speech therapists and occupational therapists of the outpatient clinic for the intellectually disabled. The working group will meet in accordance with the client's needs and work closely together with the social workers of the services for the disabled. The objective of the meeting can be to create a rehabilitation plan or provide other guidance and advice. If necessary, the client can contact the public health nurse to make the appointment.

Preparing the rehabilitation plan

The rehabilitation plan is a written recommendation on how the client's functional abilities can best be supported in day-to-day life. The plan will be compiled for 1 to 3 years at a time during the working group appointment held at the outpatient clinic for the intellectually disabled.

Before the working group appointment the client will receive a preliminary information form by mail, which reviews the client's current situation and their and their loved ones' wishes and questions. The client is requested to fill in this form well in advance before the appointment and post it back to the outpatient clinic for the intellectually disabled. The client can invite cooperation parties to the appointment, if they wish, such as a teacher, instructor and rehabilitating therapists. If necessary, the outpatient clinic for the intellectually disabled will order an interpreter for the appointment. Before the appointment, the outpatient clinic for the intellectually disabled will contact the rehabilitating therapists and the client's everyday operational environments, such as school or day activities, and carry out the necessary assessments.

photo by: Riitta Heikkinen



During the working group appointment, the client's occupational abilities and capabilities of participation in their environment, as well as their needs for special support, will be reviewed. Based on this discussion, the objectives of rehabilitation will be set together with the client. At the same time, the support methods and therapies that will help in achieving these objectives will be determined. The working group of the outpatient clinic for the intellectually disabled may, if necessary, offer advice on the proceedings of applying for different therapies, for example. The client will be invited to a new appointment with the working group well in advance before the valid rehabilitation plan expires.

Services of the outpatient clinic for the intellectually disabled

A doctor makes the statements related to the intellectual disability and medical rehabilitation as well as examines and treats the possible illnesses related to the intellectual disability (epilepsy, mental health problems). You can make a phone appointment or reception appointment with the doctor through the public health nurse.

Public health nurses and nurses offer expertise, guidance and advice related to intellectual disabilities and make the appointments for receptions.

A psychologist can be contacted when you require support in any questions related to the behaviour, upbringing, education or rehabilitation of an intellectually disabled person. When necessary, the psychologist also conducts support discussions with the client and their loved ones in relation to the disability. The psychologist is also in charge of psychological examinations in order to, for example, review the client's needs for support concerning intellectual abilities or social life.