



Optimising health, wellbeing and quality of life for children and adolescents living with neurological conditions

- **Paediatric community neurological nursing** for brain and nervous system symptoms and disorders for WA kids, families and carers.
- **Clinically focussed system navigation** support across health, disability, education, justice and social care systems to access the right support at the right time.
- **Free, accessible, statewide, patient-centred services** including home visits, digital health consultations and NeuroKids TeleNurse Helpline.

What are neurological conditions?

The brain is the most complex organ in the body.

Together with the spinal cord and peripheral nervous system, it controls everything from thought and movement to automatic functions like breathing.

Neurological conditions affect the brain and nervous system. Many conditions can be prevented or managed, but most do not yet have a cure. That's why awareness, early support, and ongoing research are so important. Neurological conditions include headache and migraine, stroke, epilepsy, acquired brain or spinal cord injury, brain or spinal tumours, neurofibromatosis, neonatal encephalopathy, meningitis, autism spectrum disorder, ADHD, Tourette's Syndrome, Retts Syndrome Huntington's, muscular dystrophy, childhood dementia, neurological complications due to preterm birth, functional neurological disorder, and over 600 other rare, genetic, neuromuscular, neurodegenerative and neurodevelopmental disorders.

Each neurological condition will affect each person in a unique way. However, many conditions share a much smaller sub-set of common symptoms, which has both advantages and disadvantages. The main disadvantage is that overlapping symptoms can make neurological conditions more difficult to quickly or accurately diagnose. The main advantage is that many existing treatments, services and supports can help manage most symptoms and functional impairment.



How can NeuroKids Community Neurological Nurse Navigators help?

Our NeuroKids nurses have broad clinical knowledge and skills to support children and families throughout their diagnostic journey – from pre- to post-diagnosis. We also recognise that some children may never receive a clear diagnosis and understand the challenges that come with living with neurological symptoms.

NeuroKids nurses help manage the non-doctored aspects of health care offering individualised, holistic services tailored to each unique situation including:

- **Nursing Assessments & Care Planning** – Identify care needs, set meaningful health goals and develop care plans that deliver desired outcomes, maximise mental and physical well-being and minimise complications.
- **Clinical Education** – Help patients, carers, and families to understand, manage and navigate their condition and/or symptoms, treatments and medication.
- **Health Care Navigation & Liaison** – Coordinate with neurologists, paediatricians, GPs, allied health professionals, and specialised community organisations to address care needs, condition changes and facilitate successful referrals and medical appointments.
- **Advocacy** – Support to improve health literacy and skills to access information, services, financial aid and entitlements where and when needed.
- **Hospital discharge planning** – Helping to prevent relapse and readmission by ensuring a smooth transition from hospital to home.
- **Ongoing care management** – Encourage self-management with monitoring and interim clinical support, as needed, (e.g. while waiting for GP and specialist appointments).



Neurological Council of WA

NeuroKids

Supported Transition from PCH to Adult Health Services

The transition process from paediatric to adult healthcare services can be emotionally charged for young people, their parents/caregivers and both paediatric and adult healthcare providers. Young people may have different expectations of the healthcare experience to those of their parents and their experience and satisfaction with transitional care may impact their decisions and quality of life throughout their adulthood. Adult patients (over 16 yrs) also face long wait times to access public neurology outpatient services, as tertiary hospitals have extensive outpatient waitlists, and the complexity of WA's health and welfare systems means they may not receive the services they need. NeuroKids can provide continuity of care and better health outcomes by drawing on the Neurological Council of WA's Neurocare service — a nurse-led model of transitional care for adult neurology patients.

NeuroKids TeleNurse Helpline

Got a question about a neurological condition or want to make a referral? Kids, or their parents, families and care team, can speak directly with a NeuroKids Nurse on 1800 645 771.

Access NeuroKids or find out more

Neurological Council of WA

Free Call 1800 645 771 | ncwa.com.au | hello@ncwa.com.au

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