



Specialised Intellectual Disability Health Services

Key facts

Usually, you first go to a GP with a health problem. Sometimes, the GP refers you on to a specialist doctor or an allied health professional like a physiotherapist. Children with intellectual disability and complex health conditions will often have a paediatrician to help with their health care.

But sometimes, GPs and other mainstream health professionals struggle to diagnose and treat health problems of people with intellectual disability. You may then need a health service that specialises in working with people with intellectual disability.

This fact sheet tells you about the health services in NSW that specialise in people with intellectual disability. Families, advocates and disability support workers value these services highly but they are very stretched and not well spread through the State. Many are not full-time services. The services often cannot see as many patients as they would like.

For children

Diagnosis and Assessment Services can help with complex health conditions of children with intellectual disability. See the [Diagnosis and assessment of a disability](#) fact sheet.

Diagnosis and Assessment Services often have a developmental paediatrician. This is a paediatrician who specialises in working with children with intellectual and other developmental disabilities. A general paediatrician can refer a patient to a developmental paediatrician.

For adults

Summarised below are the intellectual disability health services that currently exist for adults. These services usually require a referral from a GP. As well as seeing patients, the services may be able to provide information and training to the GP and other health professionals. There is generally no charge for the services.

Disability Assessment and Rehabilitation Team for Young People (DARTYP)

Phone 1800 556 533 or 9767 7278

Services – Multidisciplinary assessment and management plans for people aged over 16 who need specialist health support. Special clinics for transition to adult services and for people with spasticity, spina bifida and neuromuscular problems.

Area covered – Sydney and South Western Sydney Local Health Districts. Regular clinics at Concord, Liverpool and Bowral. Home visits available. Accepts patients from other parts of NSW.

Disability Specialist Unit - Burwood

Phone 9701 6300

Services – Medical assessment by a rehabilitation specialist.

Area covered – Inner western suburbs of Sydney.

Disability Specialist Unit - Fairfield

In 2012, a new multidisciplinary intellectual disability health service is being set up. For updates and contact details, phone the Child Development Unit Westmead on 9845 2395.

Kogarah Developmental Assessment Service

Phone 9587 2444

Services – Clinics for medical assessment and a range of specialties including neurology, psychiatry,



rehabilitation, nutrition and genetics. Consultancy service for patients at St George Hospital. Area covered - South Eastern Sydney Local Health District . Runs some clinics away from Kogarah, especially in the Illawarra.

New service in Illawarra and Shoalhaven - In 2012, the Kogarah service is leading the establishment of a new intellectual disability health service in the Illawarra Shoalhaven area. This service will have a central focus on young people with intellectual disability and complex health needs. Phone 9587 2444.

NSW Developmental Disability Health Unit - Ryde

Phone 9808 9622

Services - Medical assessments. Also, psychology assessments, rehabilitation, ageing and dementia clinics, and clinics for people with Down syndrome, Cornelia de Lange syndrome and Fragile X syndrome.

Area covered - Accepts patients from anywhere in NSW. Sometimes runs clinics away from Ryde.

Westmead Hospital

Phone 9845 5555 (Wednesday-Friday) or 0438 549 466 (Mon-Fri)

Services – For people with intellectual disability and complex health needs. Multidisciplinary clinics including for young people transitioning from Children’s Hospital at Westmead. Multidisciplinary care and support for patients in hospital.

Areas covered - State-wide service based at Westmead Hospital and Children’s Hospital at Westmead. Outreach service including North West Sydney, Nepean, Wollongong and North Coast and to residences of non government disability services.

Developmental Disability Clinic - Goulburn

Phone 4823 7800

Services – Medical assessments. Access to Rehabilitation specialist. Cooperation with ADHC psychiatry service and in dysphagia clinic. Area covered – Goulburn and southern NSW.

Neuropsychiatry Clinic - Randwick

(University of New South Wales/Prince of Wales Hospital)

Phone 9931 9160

Services – Specialist Neuropsychiatry Clinic. Requires referral from another specialist doctor.

Areas covered – Accepts patients from anywhere in NSW.

Psychiatric Clinic - Concord Hospital

Phone - 1800 556 533

Areas covered –

Sydney Local Health District – Patients first seek help from their local mental health team. The team can refer patients to the Concord clinic.

Other parts of NSW – Patients can access the Concord clinic if they have no local public intellectual disability mental health service. However, waiting list may apply.

Psychiatric Clinic - Camden Hospital

Phone - 4634 3000 and ask for “the University Medical Clinics at Camden Hospital”.

Areas covered –

Sydney South West Local Health District – Patients first seek help from their local mental health team. The team can refer patients to the Camden clinic.

Other parts of NSW – Patients can access the Camden clinic if they have no local public intellectual disability mental health service. However, waiting list may apply.



Specialist nurses in ADHC

Ageing, Disability and Home Care has established specialist nurse positions in each of its regions. These nurses can help other ADHC staff to meet the needs of clients with complex health conditions. This includes improving links with local health services. You can seek assistance from these nurses through your ADHC worker or by approaching your regional ADHC information, referral and intake officer.

ADHC also organises a range of specialist clinics for its clients. A notable example is the specialist health services provided to residents of Stockton Centre, Newcastle.

For more information

See [Going to the dentist](#) for information about specialised dental services.

See [More information](#) for specialised centres in Victoria, Queensland and South Australia.

ADHC information, referral and intake.

www.adhc.nsw.gov.au/contact_us

Maps of the NSW Local Health Districts

www.health.nsw.gov.au/lhd

You might be interested in these fact sheets

- **Adults – what kinds of health services are there?**
- **Alcohol and other drugs**
- **Children – what kinds of health services are there?**
- **Diagnosis and assessment of a disability**
- **Going to the dentist**
- **Mental health**

*This fact sheet was updated in **December 2011**.*

The fact sheet contains general information only and does not take into account individual circumstances. It should not be relied on for medical advice. We encourage you to look at the information in this fact sheet carefully with your health professional to decide whether the information is right for you.