

# Physiotherapists: Factsheet for carers



Government  
of South Australia

Department for  
Child Protection

*Information for carers about the type of services that a Physiotherapist can provide to support children and young people.*

Physiotherapists are allied health professionals who specialise in movement and how movement and function relate to physical health, mental health, and quality of life.

## Physiotherapists

- Support children with developmental, neurological, and physical disabilities
- Prescribe equipment to assist with mobility
- Assist with musculoskeletal injury and rehabilitation
- Facilitate sport and exercise participation
- Assist with cardiorespiratory health and rehabilitation

## How do Physiotherapists support young children?

- Supporting a child's development of movement, strength, endurance, and the skills required for them to participate in physical activities.
- Assisting with the development of balance, posture, coordination.
- Supporting a child's ability to achieve independent movement e.g. crawling, walking, going up and down stairs, riding a bike.

## How do Physiotherapists support young people?

- Listening to the goals of the young person and assess their movement, strength, endurance, and skill requirements necessary for them to participate in physical activities and working environments.
- Providing support to young people to achieve independent movement for example: balance control, participating in sport, community mobility (stairs, public transport), maintaining or improving fitness.

## What can you do?

Contact your DCP case worker and or child's therapist/s about being an integral part of the therapeutic support provided to your child.

Ask how you can support your child's therapy goals in the home environment.

## Where can I learn more?

Please visit the DCP carers website for more information in supporting children and young people in care <https://bit.ly/dcp-disability-development> or by scanning the below QR code:

