

## Noah's Key Worker Model

**For our children from birth to 6 years of age we use a Key Worker model, which the evidence shows is the best way to manage therapy needs and achieve goals for children who need help with more than one area of development.**

What is a Key Worker?

Your Key Worker:

- *is the person you will see and talk to the most at Noah's.*
- *is the 'main therapist' involved with your family.*
- *organises the service you receive from Noah's.*
- *coordinates the team who supports your child.*

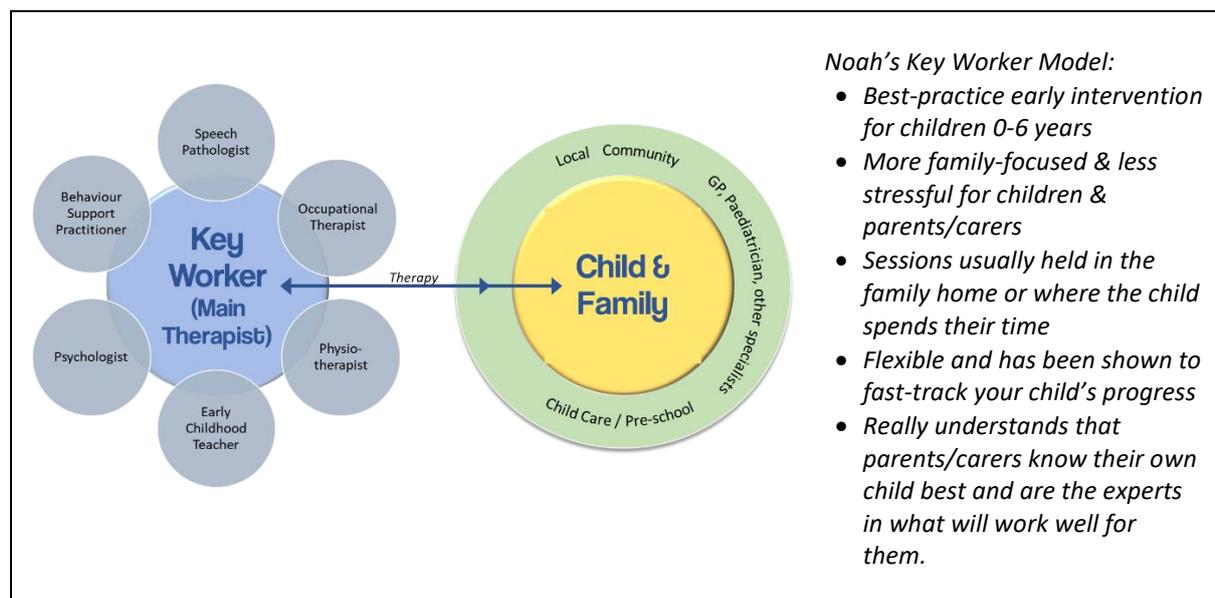
A Key Worker is a highly trained and experienced professional with specialist understanding of early childhood intervention.

Your Key Worker could be a speech pathologist, occupational therapist, physiotherapist, early childhood teacher or psychologist and they work together with the larger Noah's team to develop individual strategies best-suited your child and deliver them in a highly personalised way.

A Noah's Key Worker focuses on combining a **family's expert knowledge** of their child's needs and family strengths, with their own understanding of and experience in child development and disability. You could think of them as being your **'Main Therapist'**.

Rather than taking your child to many different appointments with a number of different therapists, your Key Worker **partners** with you and your child by focussing on the relationship with you and your family and helps to consult with the other professionals as needed.

This is known as a **'best -practice'** model and has been shown to have more **positive outcomes** for young children as it is more family-friendly and saves time, cost, energy and stress.

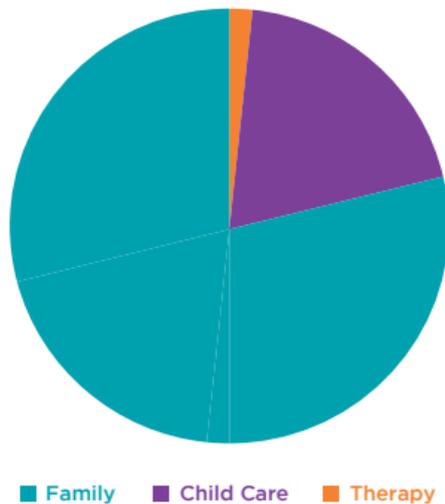


If you have any questions about the Key Worker Model, please call us on (02) 4423 5022.



## Importance of Parents and Carers in the Key Worker Model

### Who has the greatest impact on a child's development?



When parents or carers use a strategy with their own child it is three times more effective than when an early intervention worker uses the same strategy with that child.

*"...the effect size for parents' use of everyday activities as an early intervention was three times larger than that for practitioners' use of early intervention in everyday activities."* (Dunst 2007 p169)

Diagram: 3 year old-average week - family - up to 80 awake hours (up to 10 hours sleep per night), 20 hours in child care and 1 hour therapy.<sup>iv</sup>

*Adapted from Mahoney, G. (2010). Mahoney, G. (2012). The Parenting Model and Developmental Intervention: Implications for Parent Involvement. Keynote Address, National ECIA Conference, Canberra.*

## What a Key Worker Does

