



Psychologist – The psychologist works with patients who have cognitive, emotional and behavioural difficulties. Patients who are more independent receive help to better understand and manage their thought patterns, feelings, and behaviours so that they may learn to choose more effective ways of responding to situations over time. With the patient's consent, the psychologist may also work with family members or caregivers to support the patient. For patients with significant challenging behaviour, the therapy can be focused on working with patients, caregivers and environmental factors.

Occupational Therapist (OT) – The OT focuses on helping patients to maximise their ability to participate in daily activities that include self-care routines, leisure activities, and school or work-related tasks, in various physical and social environments. The goal of occupational therapy is to enable people with neurodevelopmental disabilities to perform independently in different activities and occupations.

Speech and Language Therapist (SLT) – The SLT helps patients who have communication or swallowing difficulties. They can help to improve the patient's communication skills, find alternate ways to communicate, improve interaction and enable caregivers to create an environment that is communication friendly.

Medical Social Worker (MSW) – The MSW engages patients and families to jointly identify their respective psycho-social needs to help them function within the community and link them to relevant resources. The MSWs also work with organisations such as disability training centres, voluntary welfare organisations and other community agencies to provide support to patients and their families.



ANDS Community and Other Services

The ANDS multidisciplinary team also provides:

- Clinical consultancy services for community partners
- Community engagement and advocacy for patients
- Community partnerships, research and training programmes

More Information

Please call **6389 2000** and request to speak with the IMH ANDS team.

Adult Neurodevelopmental Service



Loving Hearts. Beautiful Minds



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A Member of the **National Healthcare Group**



The **Adult Neurodevelopmental Service (ANDS)** is a service for adults with Intellectual Disability (ID) and/or Autism Spectrum Disorder (ASD), with co-occurring mental health conditions.



Understanding ID and ASD

Autism Spectrum Disorder (ASD) is a life-long neurodevelopmental disability which begins before the age of 3 years, with the following signs:

- Impairments in reciprocal social interactions, for example no back-and-forth sharing of smiles or other facial expressions
- Impairments in verbal and non-verbal communication skills, such as delayed language and inability to understand body language or tone of voice
- Repetitive behaviour, interests and activities that are excessive in amount, for instance, body rocking, crossing and uncrossing of legs and marching in place

Intellectual Disability (ID) occurs before the age of 18 years with the following signs:

- Intelligence quotient (IQ) score below 70 (the average IQ score is 100)
- Significant difficulty with daily living skills including self-care, communication and social skills

A person may have mild, moderate or severe ID. Factors such as personality, coping strategies and presence of other disabilities (motor, social or sensory) influence a person's requirements for support with daily living. A large proportion of people with ID or ASD have a co-occurring mental health diagnosis. Common co-occurring conditions include depression, anxiety disorders and psychotic disorders.

Eligibility Criteria for ANDS

- Adults between 19 and 64 years old
- Adults with neurodevelopmental disorder – ID, ASD, Pervasive Developmental Disorder
- Assessment and treatment of the co-occurring psychiatric disorder and/or problem behaviours



Available Services

Assessment – A psychiatrist and multidisciplinary team will provide a comprehensive assessment at the patient's first appointment. This includes direct interviews and observations with family members and/or caregivers who know the patient well. Supporting documents (such as progress reports, behavioural charts, IQ reports) can be brought along if available, to promote better understanding of the patient.

Treatment – If treatment is required after the assessment, the diagnosis and treatment care plan will be shared with the patient, family members and caregivers. Interventions will be offered according to the patient's needs identified during the assessment and review phases.

ANDS Outpatient Clinics – Patients may seek consultation at the Community Wellness Centre at Queenstown and IMH Specialist Outpatient Clinic B.

ANDS Inpatient Services – Patients may receive inpatient treatment at the ANDS specialist acute ward and ANDS consultancy in the general wards.



Referrals

A patient may be referred to ANDS from IMH's outpatient clinics and inpatient wards. If the person is not a current IMH patient, a referral from a polyclinic or a restructured hospital is required. You will be contacted once our ANDS team receives your referral.

Multidisciplinary Team (MDT) Approach

We adopt a multidisciplinary team approach to identify the various causes of a patient's behaviour, provide clinical care to patients, and support to caregivers via our inpatient and outpatient services.

The MDT comprises:

Doctor/Psychiatrist – The doctor assesses the patient for behavioural problems and underlying mental health conditions and prescribes a care management plan according to the patient's condition and needs. The doctor may also prescribe medications when necessary.

Nurse – The nurses at the outpatient clinics ascertain the suitability of referrals, run clinical assessments and serve as a contact point for outpatients.

Case Manager (CM) – The CM provides information to patients and their caregivers and is often their main contact point. The case manager plays a key role in monitoring a patient's condition after discharge.