

LIGHTHOUSE

HEALTH AND EDUCATION

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GET TO KNOW OUR TEAM

This month we'd like to introduce Hugh. Hugh is a Provisional Psychologist in his final year of supervisory practice toward General Registration. He's with us 3 days per week seeing clients across the lifespan at both Moonee Beach and Grafton.

He has a friendly disposition and is keen to provide the best possible service to each of his clients. We certainly feel blessed he chose LHE as the place to further develop his therapeutic skills.



A WORD FROM THE PRINCIPAL

As I sit here contemplating my role in the LHE April newsletter, the sound of the rain pelting against the practice windows interrupts my thoughts, reminding me what not to write about!

So do I offer some escapism, even if just for a minute to share with you the amusing antidotes of our chickens and their individual, quirky, child-like, personalities?

Probably Not. (Though it would be funny!).

In just 15 lines is it possible to bring some hope and optimism into the minds of our readers given so many are struggling to find it on their own right about now?

Probably Not.

Maybe it's just a reminder about April itself, the month that begins with April Fool's Day; this year sees celebrations, devotions, reflection and fasting through religious ceremonies such as Ramadan, Vaisakhi (Baisakhi) and Easter. A month when many will spend time considering their global impact with the celebration of Earth Day and others will get out there as strong advocates, to spread the word about the United Nations-sanctioned World Autism Awareness Day on April 2.

However April is celebrated in our year really comes down to our individual values and identifying our values is going to be a key focus for the LHE team this month. I look forward to sharing what we've come up with in our next newsletter.

Jane Franke

THE DIFFERING ROLES OF HEALTH AND ALLIED HEALTH PROFESSIONALS

Hugh Harman

A General Practitioner - G.P.

Your G.P. is your first point of contact if you have a health concern. They treat people for general health problems, such as illnesses or injuries that cannot be treated by over-the-counter medication.

Paediatricians

Paediatricians provide specialised medical care to infants and children. Paediatricians examine patients, order, perform, and interpret diagnostic tests to obtain information on medical condition and determine diagnosis, they can prescribe or administer medication and vaccinations and so much more.

Psychiatrists

Many people confuse Psychiatrists and Psychologists as both professions have trained in understanding how our brain works, and how our emotions and thoughts impact our lives. However, Psychiatrists have gone to medical school and then specialised in mental health. Psychiatrists primarily treat psychological disorders through pharmacotherapy (medication) and can also provide psychotherapy to patients.

Psychologists

Psychologists use psychotherapy to help individuals or families with a range of issues. Psychologists help people learn to cope more effectively with life issues as well as mental health problems. Psychologists often play a role in diagnosing individuals with psychological disorders. Psychologists have trained to test and assess for disorders such as ADHD, ASD, Intellectual Disability and many more.

Occupational Therapist (OT)

An OT is someone who helps people of all ages who are having difficulty with everyday tasks. An OT can identify someone's strengths and difficulties, such as dressing or getting to the shops, and will help them work out practical solutions. Their goal is to help maintain, regain, or improve one's independence by using different techniques, changing your environment, and using new equipment.

Speech Pathologist

Speech Pathologists assess and treat communication problems and speech disorders.

Speech therapy techniques are used to improve communication as well as swallowing and how we use our mouths and tongue. This can include articulation therapy, language intervention activities, and others depending on the type of speech or language disorder. Speech therapy may be needed for speech disorders that develop in childhood or speech impairments in adults caused by an injury or illness, such as stroke or brain injury.

FAVOURITE READS THIS MONTH

For Parents/Teachers/Adults:

Sincerely, Your Autistic Child: What People on the Autism Spectrum Wish Their Parents Knew About Growing Up, Acceptance, and Identity By: Emily Paige Ballou, Sharon daVanport, Morénike Giwa Onaiwu, Autistic Women and Nonbinary Network

For Kids: *The Memory Box: A Book about Grief.* By: Joanna Rowland,