

Northern Sydney Intellectual Disability Health Service (NSIDHS)

Working collaboratively to improve health outcomes and experiences of people with intellectual disability in your local area

It is estimated that approximately 1.3% of the population of NSW have an intellectual disability (ID), with an estimated 7500 people with ID living in the Mid-North Coast and Northern NSW local health districts (LHDs). People with ID often experience multiple and chronic physical and mental health conditions and lower life expectancy.

NSIDHS is a consultative health service that provides outreach services to the Mid North Coast and Northern NSW LHDs, in collaboration with each districts local Specialist Intellectual Disability Clinicians. The service is part of a state-wide NSW Health initiative that aims to reduce the health disparities experienced by people with ID.

NSIDHS is comprised of: An Adult Disability Physician, Paediatrician, Clinical Nurse Consultant (CNC), Social Worker, Psychologist, Manager and Administrator.

This consultative service works in collaboration with the treating doctor to provide comprehensive health assessments, case discussions and clinical advice (via telehealth, and face to face) for children and adults with an ID diagnosis and complex and chronic health issues. The service can also offer education to health staff and GP practice teams.

NSIDHS will be running face to face paediatric and adult clinics and education sessions in Northern NSW and Mid North Coast in **July 2021**.

Northern NSW- 5th - 9th July

Mid North Coast -19th – 24th July

Referrals for the July face to face clinics or telehealth services can be made by contacting your local Specialist ID Clinician in [MNCLHD](#) and [NNSWLHD](#).

Your local specialist ID clinicians:

MNC Local Health District

Helen Maclean

e: helen.maclean@health.nsw.gov.au

Ph: 02 66911922 or 0481529093



Northern NSW Local Health District

Michelle Gray

e: Michelle.Gray@health.nsw.gov.au

Ph: 02 66230586 or 0447627391



Northern Sydney Intellectual Disability Health Service:



Back left to right: Dr Seeta Durvasula (Adult Disability Physician/Clinical Director), Emma Barr (Manager), Rebecca Stack (CNC), Melissa Tizzone (Social Worker).

Front left to right: Dr Yvette Vella (Paediatrician), Leah Ballin (Psychologist), Jeanine Spratt (Administrator)

e: NSLHD-intellectualdisability@health.nsw.gov.au

Ph: 02 89693400



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