



Early Care for Children with
Developmental Delay



ADELI
BabyMed



Univ. Prof. Dr. Franz Gerstenbrand

Scientific Advisor at the ADELI Medical Center

"One of the main areas of the ADELI Medical Center is paediatric neuro-rehabilitation. From its beginnings, the center provides care mostly for children with neurological deficits caused by birth trauma. The center has considerable experience in the treatment of young children in infancy. When neurological problems are treated early, the plasticity of the brain can be utilised and thus the chances for improvement are substantially higher."

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Founding President and Honorary Member of the European Federation of Neurological Societies (EFNS)
Chairman of the Space & Underwater Neurology Research Group at the World Federation of Neurology (WFN)

"Many stories of children with disabilities have one thing in common: shortly after the birth, the parents noticed there is something unusual about the baby, yet hoped this minor developmental delay would disappear over time. After several weeks or months, however, baby's problems only got worse. Until the right diagnosis has been made and the rehabilitation has started, precious time had passed. After ten years of experience in paediatric neurorehabilitation and thousands of patients treated here, we insist that it is crucially important to make the first step as early as possible. ADELI's BabyMed programme is here because babies can't wait."



Thomas Sieber, M.D.

Medical Director ADELI Medical Center

"ADELI Medical Center is one of the few specialised facilities for neuro-rehabilitation in Europe. More than one thousand patients are treated here annually. Paediatric rehabilitation is the cornerstone of ADELI's rehabilitation approach. I am especially glad that I can introduce to you the ADELI BabyMed programme, which has been specifically designed for children with developmental delay. It opens up a new opportunity to reduce the degree, or even eliminate severe chronic disability in the future. In this case, restoring health requires substantial time, considerable effort and resources, but when the outcomes lead to child's better future, it is the path worth taking."



You Should be Concerned

- if your child has **signs of developmental delay** – it did not start to keep the head up straight on time (around the 1st month), roll over independently onto its belly (approximately in the 5th month), crawl (around the 7th month), start standing up on the feet (approximately in the 8th month) and walk (approximately in the 12th month).
- when at the time of your pregnancy, during the childbirth or just after the birth of the baby, the so-called **risk factors** were present – high-risk pregnancy, complications during delivery or shortly after the birth.
- **Do not be alarmed, but do not waste your time** if you found risk factors or signs of developmental delay in your baby - it does not necessarily mean serious consequences. In any event, do not expect it to fix itself. Time, in this case, can mean a lot for the future of your child!

Consult with an Expert

Keep a track of the symptoms you noticed in the developmental delay of your baby and contact a doctor you trust – an experienced paediatrician or paediatric neurologist. In the ADELI Medical Center, we will provide you with a **free consultation and examination by our specialists.**

If the suspicions are confirmed, you will have the opportunity to immediately start working on changing the future of your baby for the better. Together with you, we will make all the effort for its normal development - during the 2-week course of special rehabilitation exercises, gymnastics, massages and other procedures, you will learn how to work with your baby at home. The joint effort of you – the parents and our specialists – is the guarantee of your baby's health.



Time Cannot be Turned Back



Ignoring the signs of improper child development in very early childhood does not pay off in any way, **do not risk** that the delay will progress into a serious disability. Increasing the effort for restoring the health in early childhood is easier. You will protect your child and your family from pain, suffering and costs associated with caring for a disabled person.

BabyMed Programme in the Adeli Medical Center

- is based on many years of rich experience in working with children with congenital and acquired neurological disorders.
- is compiled on the basis of the latest research and knowledge of our and international experts and scholars on the development of the brain, nervous and musco-skeletal system.
- is implemented by a team of neurologists, physicians, physiotherapists, speech therapists and other health professionals who specialise in rehabilitation of the youngest children.
- is individualised, using the most effective combination of all available methods (Vojta, Bobath, Kabat, kinesiology, balneology, etc.), adapted to the specifics of each baby.

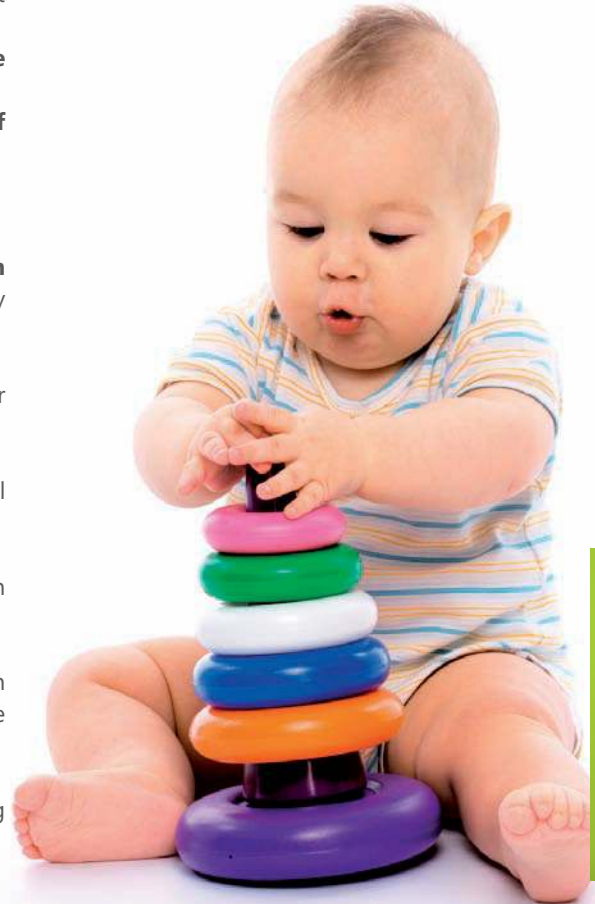
Our Goal is to

- **trigger normal physiological development**, corresponding to your child's age and abilities
- **prevent the development of pathological symptoms** in the development of musculoskeletal apparatus
- in addition to the development of musculoskeletal system, **foster the development of mental abilities and development of speech**
- teach **you how to exercise with the baby at home**, so that the **process of improvement does not stop**

ADELI BabyMed Programme

It is a two-week early intervention and rehabilitation programme **for children from 6 months up to 2 years of age**. A team of specialists works with the baby 3-4 hours a day, 5 days a week. Within the programme, the baby will undergo:

1. **Thorough examination** and compilation of individual programme for your child by the medical team
2. **Neurorehabilitation** – morning and afternoon session of special rehabilitation exercises utilising the incredible plasticity of the brain at this age
3. **Therapeutic relaxation massage** – healing method which stimulates the skin and muscles, improves blood circulation
4. **Oxygen therapy** – improves the supply of oxygen in the body (particularly in the brain), increases performance and enables faster recovery after intense exercising
5. **Speech therapy** – oro-facial, sound and speech exercises aimed at activating the development of breathing, speech and communication abilities



Parents' Experience

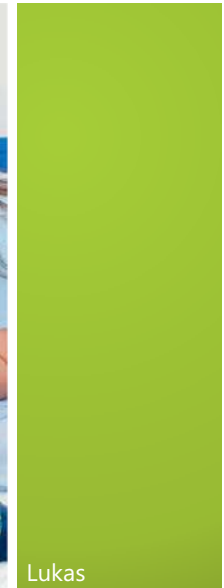
Our thanks to parents of children who listened to our advice and attended early rehabilitation programme in the ADELI Medical Center, giving their babies a chance for better future.

Stanislava & Daughter Emma

*"Rehabilitation in the ADELI Center has helped Emma a lot. She has gained more stability, **her walking became much smoother and more coordinated**, and she began to manage slopes and partially walking up the stairs. Along with the walking improvement, a sharp development of language occurred as well (and she cannot stop talking since then). We look forward to our next visit."*

Andrea & Son Lukas

*"Lukas made huge progress during his first stay. Approximately two weeks prior to the rehabilitation, he started walking, but he really started straddling at ADELI Center. He began assembling wooden puzzles, and even his fine motor skills have been kick-started. After the second stay, **he is smarter again, his fine motor skills improved as well, and he even began using the tweezers grip.**"*



Lukas



Denisa & Daughter Nelly

"I consider attending the early care rehabilitation in the ADELI Center the best decision in my life so far. I learned about it only by chance and I am grateful for it. I have never met nicer, more sincere, willing, empathetic and welcoming attitude than in this center. My daughter Nelly has been born at 27th week of pregnancy and was not breathing. The prognosis from the doctors was – a severe disability. When I was asked by the physician whether to save the child or let the fate decide, as a mother, I did not hesitate for a moment – save. Given this and the fact that Nelly could not stand on her feet at 12 months, nor sit alone, and none of the doctors was addressing it, I decided on my own after consultation with ADELI Center's doctor to undergo their early care rehabilitation treatment programme.



Two weeks after returning from ADELI, Nelly began to climb alone on all four and was also able to sit without a support. *Even our doctor noticed progress and said I could not have chosen better. I am not saying that the exercises in the ADELI Center have removed the disability, yet the prognoses of doctors were clearly wrong. Given the significant developmental delay and weak muscles of our Nelly, the visit to ADELI Center is irreplaceable. Soon, Nelly will celebrate her second birthday and she is climbing on all four (even I cannot keep up with her), walking without help and is full of energy. We are not completely out of the woods, as she has a severe hearing problem and also some minor health issues, but it's still better than severe disability. I can proudly say that I have done something for my daughter. The rehabilitation in the ADELI Center was the right choice. A warm thanks to the entire team of ADELI Center for their responsiveness and psychological support. Good luck to the other kids in getting help like our Nelly."*



ADELI Medical Center



The Initiator of the International Project **Children at Risk**

The project's main goal is to increase the awareness about children at risk and improve the attention of parents and doctors for the symptoms of incorrect development in children from 0 to 3 years. The project is also aiming to increase the involvement of state agencies, which can be incorporated into providing complex solutions to the problem of children at risk. From the medical point of view, it is mainly about finding new means of diagnostics and therapy (including their funding).

The underlying mission of this international project is to reduce child disability and increase the number of children who can achieve independence from the life-long support of their parents and the state.



Contacts

ADELI Medical Center
Hlboka 47, 921 01 Piestany
Slovakia
Tel.: +421 33 79 15 900
E-mail: info@adeli-center.com

www.adeli-center.com