



Intensive
Therapeutics INC.

A Nonprofit Organization
www.intensivetherapeutics.org

Camp Helping Hands 2016

An occupational therapy program providing constraint-induced movement therapy for children with upper extremity hemiplegia.

EXECUTIVE DIRECTOR

Scott Matthews, OT, MS

973-771-1582

scott.matthews@intensivetherapeutics.org

DATES AND TIMES

2 Summer Sessions!

June 27th to July 22nd

(Holiday: July 4th)

Weekdays Only: 9 AM to 3 PM

OR

July 25th to August 19th

Weekdays Only: 9 AM to 3 PM

Extended Option Available for July-August Camp

CAST FEE:

Small: \$150.00 Medium: \$175

Large: \$200 24/7 Cast: \$250

FEE:

1st Session: \$4,560.00 (19 day camp due to holiday)

2nd Session: \$4800.00 (20 day camp)

(The cost of the program will be prorated based on \$40 an hour to accommodate your child's individualized schedule.)

LOCATION

Intensive Therapeutics

31 Fairfield Avenue

West Caldwell, NJ 07006

The child's cast must be brought every day. Parents will be expected to provide their child's lunch.

At Camp Helping Hands we have had children with hemiplegia come from around the world for our summer program. We run the program in a group, as a camp, so it can actually be a FUN experience. Kids seeing other kids with similar issues is often a unifying experience and can be more motivating to participate in therapeutic activities than individual therapy experiences. Wearing a **cast for 6 hours** a day isn't a battle because all of the other kids are doing it . . . it is just what you do.

The **program is staffed** as follows:

- Director (OT)
- Occupational Therapists
- Level 2 OT Interns
- 1st year OT students
- Volunteers

This level of staffing enables us to have a 2:1 ratio (2 children to each staff person). This ratio also lets us work on the child's *individual* goals within the context of the group. We do **NOT** utilize a cookie cutter approach. Every child's goals are specific to their level of functioning and ability.

The program can also be **customized** based on your child's **tolerance** to therapy. In other words, if 6 hours a day is too much, we can create a program specifically for you.

Since Camp Helping Hands occurs in July and August...many parents do not send their child to the extended school year in their school district and consequently miss out on needed **academic, speech and physical therapy services.**

Based on suggestions that parents have made, we are offering additional therapy services within the context of Camp Helping Hands. The additional therapy services are *options* to enhance your child's camp experience.

The **optional** additional services include the following:

- Academic Instruction
- Speech Therapy
- Physical Therapy
- 24/7 Casting Program

Academic Instruction is provided by Steps to Success Tutors. They use brain-based and hands-on learning strategies to help children maintain and make progress academically.

The **Speech Therapist** and **Physical Therapist** will obtain your child's IEP, and/or any other documents and goals that may be helpful. They will meet with parents and collaborate to discuss progress and provide suggestions.

24/7 Casting Program

Is a new option where your child will wear a non-removable cast for the 1st two weeks. The cast will be changed after the 1st week.

After the completion of the second week, a removable cast will be provided. Your child will participate in all activities of the traditional camp.

Parent's are interviewed prior to the camp so we gather up-to-date information about your child's goals. We use an assessment tool that helps prioritize the child's goals, helps establish functional goals and truly creates a system for the parent's to be involved in the process. We welcome information from other therapists, schools, doctors, etc. so we can truly work on the goals you want. We will also conduct an interview on the last day to get a parent's perception of how your child did during the camp.

We also have **weekly education sessions** for the parents during the camp, so questions can be answered and information about activities and treatment can be conveyed.

Because most of the goals established are **2-handed goals** for example:

- Pulling up socks/pants
- Eating a sandwich
- Buckling a seatbelt
- Carrying a lunch tray
- Catching a ball

We have established a protocol for wearing the cast. The cast will be worn for the full 6 hours per day for the first 2 weeks. Starting with the 3rd week of camp, we "wean" the cast off 1hour more each day so by the 4th week we are working exclusively with 2 hands. This way we can actually work on and practice 2 handed skills and the actual

goals of each child. Modifications to the wearing schedule can be made on a case by case basis. We also recommend continuation of therapeutic activities as much as possible throughout the camp.

It also should be clear that as occupational therapist's we are aware of **other issues that could impact your child's functional abilities**, such as:

- Visual issues
- Neglect
- Balance
- Gross motor issues
- Posture
- Sensory issues

To summarize, Camp Helping Hands is an intensive treatment approach for children with decreased use of one upper extremity due to hemiplegia. We have created a FUN and therapeutic group program that utilizes the concepts of constraint-induced movement therapy while addressing your child's specific, individual needs and functional goals.



**FOR MORE INFORMATION
PLEASE CALL**

**INTENSIVE THERAPEUTICS
973-771-1582**

www.intensivetherapeutics.org

Options available during
Camp day:

**Tutor: Academic
Instruction for children
3 years and older**

3 days/week for 4 weeks
1 hour/day *within* your child's
group *during* camp.
Add-On Fee: \$480.00

Speech Therapy provided
1 day per week for 1 hour
within your child's group *during*
camp.

For 4 weeks
Add-On Fee: \$160.00

Physical Therapy (PT)
provided
1 day per week for 1 hour
within your child's group *during*
camp.

For 4 weeks
Add-On Fee: \$160.00

More Options:

**Camp Add-on
Activities**

(Run by Special Education Teacher)
For students ages 5-12
who want instruction
after camp.

Add-On Fee: \$15.00/hour
(at home or place of residence)

24/7 Program

Child wears a cast 24/7 for the
first 2 weeks of camp
(Cast is removed after 1st week, then
replaced with new one).

The second 2 weeks continue
the same as traditional camp
\$5000.00 (3 casts included)

Please call us to inquire about
INDIVIDUAL academic
instruction, physical therapy
and/or speech therapy before or
after camp.

Mail to:

Intensive Therapeutics
31 Fairfield Avenue
West Caldwell, NJ 07006

Please **check off** the
additional services you would
like your child to participate in
during camp this summer.

Name: _____

Options *during* camp:

Academic Instruction
in a group

Speech Therapy in a
group

Physical Therapy in a
group

More Options:

Individual Tutoring
After camp

How many days per week? _____

24/7 Program

**Please mail this form if
you would like your
child to participate in
camp options.**