



Intensive  
Therapeutics INC.

A Nonprofit Organization  
www.intensivetherapeutics.org

# CAMP HELPING HANDS 2019

An occupational therapy program providing constraint-induced movement therapy for children with upper extremity hemiplegia. Now offering speech and PT services too!

**Offered at our  
West Caldwell Location:**

Intensive Therapeutics  
31 Fairfield Avenue  
West Caldwell, NJ 07006

## DATES AND TIMES

Weekdays Only: 9 AM to 3 PM

### 1<sup>st</sup> Session:

July 1<sup>st</sup> to July 26<sup>th</sup>  
(NO Camp July 4<sup>th</sup>)

### 2<sup>nd</sup> Session:

July 29<sup>th</sup> to August 23<sup>rd</sup>

*Extended Option Available for  
July-August Camp*

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

<u>CAST FEE</u>		
Small	Medium	Large
\$150	\$175	\$200

Mandatory Registration by  
**April 1<sup>st</sup>, 2019**

Please complete our online registration form on the Camp Helping Hands page on our website:

[www.intensivetherapeutics.org](http://www.intensivetherapeutics.org)

You will still need to print out and mail in or email all consent forms.

**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
- Speech Therapist
- Physical Therapist
- Level 2 OT Interns
- Speech student externs
- 1<sup>st</sup> 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.

## Continuing for 2019

We are providing full-time speech and physical therapy at our therapy center located in West Caldwell, NJ! This allows us to fully-integrate those services into our traditional Camp Helping Hands (CHH) model, and help maximize camp time to address as many of your child's therapy needs. Our speech and physical therapists will also serve as additional resources for our families during their time at CHH.

We will be offering the following program tiers:

### **Tier 1:** Occupational Therapy

Our traditional Camp Helping Hands experience

### **Tier 2:** Two services

- OT + Speech
- OR**
- OT + PT

### **Tier 3:** All 3 therapy services

- OT+PT+Speech

Academic instruction will continue to be an "add-in" service of 3 times per week.

**Camp Helping Hands** uses carefully designed activities to drive therapeutic gains. For parents who choose to combine disciplines, activities specifically designed to integrate 1, 2

or 3 therapy services will be built in to the camp day. The exciting part of this unique integration of OT, PT and speech goals within a single activity allows a child a full-body, "real world" experience. For example, if balloon volleyball is the camp activity, OT, PT and speech goals can all be met through the strategic emphasis and sequencing of jumping, running, hitting a balloon back and forth, as well as verbal communication with peers. Therapists will seamlessly collaborate to create these ideal therapeutic scenarios and help maximize each moment of the camp day.

We will continue to offer **optional** additional services:

- Academic Instruction
- 24/7 Casting Program
- Individual Speech/PT (see below for additional information)

**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.

### **24/7 Casting Program**

Your child will wear a non-removable cast for the 1<sup>st</sup> two weeks (the cast will be changed after the 1<sup>st</sup> 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.

Additionally, 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. We believe this new, close integration of **speech and PT services** will allow our families a more robust program to truly meet ALL IEP goals.

**Parents are interviewed** prior to the camp to gather up-to-date information about your child's goals for OT, along with PT and Speech goals, if applicable. 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.

## CHOICES OF THERAPY SERVICES:

### **Tier 1: Occupational Therapy**

Our base program/standard camp  
6 hours per day

**\$45 per hour**

1<sup>st</sup> Session (19 days) \$5130

2<sup>nd</sup> Session (20 days) \$5400

### **Tier 2: Two Therapy Services**

OT+Speech **OR** OT+PT

Our base program plus ONE (1)  
additional discipline. Minimum 5  
hours per week of additional  
discipline within group setting.

**\$55 per hour**

1<sup>st</sup> Session (19 days) \$6270

2<sup>nd</sup> Session (20 days) \$6600

### **Tier 3: All 3 Therapy Services**

OT + PT + Speech

Base program plus PT **AND**  
speech. Minimum 5 hours of  
EACH additional discipline within  
the group setting.

**\$65 per hour**

1<sup>st</sup> session (19 days) \$7410

2<sup>nd</sup> session (20 days) \$7800

## CUSTOMIZED SCHEDULE:

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. The cost of the  
program will be prorated based  
on:

- \$45 an hour for 1 therapy
- \$55 an hour for 2 therapies
- \$65 an hour for all 3 therapies

### **Contact us for more information!**

**Phone:** (973) 771-1582

**Web:** [www.intensivetherapeutics.org](http://www.intensivetherapeutics.org)

**Email:** [info@intensivetherapeutics.org](mailto:info@intensivetherapeutics.org)

**Address:** Intensive Therapeutics  
31 Fairfield Avenue  
West Caldwell, NJ 07006

Executive Director

**Scott Matthews, OT, MS**

**Email:** [scott.matthews@  
intensivetherapeutics.org](mailto:scott.matthews@intensivetherapeutics.org)

## ADD-ON OPTIONS:

### **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

### **24/7 Program**

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

The second 2 weeks continue the  
same as traditional camp  
Fee: \$5800 (3 casts included)

### **Additional Individual Sessions**

Additional INDIVIDUAL  
(PT and speech)  
therapy sessions are available  
before or after camp.

Limited spots available.  
\$160 per hour