



Camp Helping Hands

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

July 2nd to July 27th
(Holiday: July 4th)

NOW 4 WEEKS !
Weekdays Only: 9 AM to 3 PM

CAST FEE:

\$150.00

FEE:

\$4560.00 for the full 4-week camp
(The cost of the program will be prorated accordingly to accommodate your child's individualized schedule.)

Mini Helping Hands:

A 3-hour a day program for children 3 years old and younger

LOCATION

Presbyterian Church in Westfield
140 Mountain Avenue
Westfield, NJ 07090

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.

Parent's are interviewed prior to the camp so we gather up-to-date information about your child's goals. We welcome information from other therapists, schools, doctors, etc. so we can truly work on the goals you want.

The **program is staffed** as follows:

- Director (OT)
- 2 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.

Our **"mini" Helping Hands** program is for younger children; usually between 16 months and 3 years old. This program is for 3 hours per day, 9 AM to 12 noon. All fees are prorated according to the actual amount of time spent in the program.

As an example of what the program is like, in 2010, we had 24 children attend Camp Helping Hands. Within the larger group, we had 4 smaller groups (of 6 children each) based on age. They were:

- 18 months to 3 years old
 - 3 hours per day
- 4 to 5 year olds
- 6 to 9 years old
- 10 years old and above.

For our **interview with parents**, 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 conduct this interview before camp starts and will

conduct an interview on the last day to get a parent's perception of how their 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 1 hour 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