

Marianjoy Rehabilitation Hospital

part of
M Northwestern
Medicine



FALL 2016

Marianjoy's Continuing Care Classes for Children with Special Needs

Fall Session: September 19—November 7, 2016

Pool Groups take place every 8 weeks: August 15 – October 3, 2016
(October 10 – November 28, 2016; and December 5 – January 23, 2017)

Marianjoy's Continuing Care Program consists of classes offered through the outpatient department. The purpose of this program is to provide additional services to children as they work towards functional goals. Please read the descriptions carefully in order to verify when a specific group is running, for how many weeks and the requirements to participate. This will ensure that you enroll in a program that best suits your child's needs.

All groups fees are \$150 unless otherwise stated in the brochure.

For those families who demonstrate a financial need, assistance may be available. An application must be completed and approved prior to registration. For more information, please contact Melissa DiGiovanni at 630-909-7155.

**SAVE
25%**

Receive a 25% discount when you register your child for more than one class or if you enroll more than one child in any number of classes.

Register by completing the form on the back of this brochure or by calling 630-909-7155. Registration information is available on our website at Marianjoy.org.

FALL 2016: Marianjoy's Continuing Care Classes for Children with Special Needs



GROUPS FOR MOTOR/FITNESS

Young Adult Fitness Group

Help your child get fit and stay fit! This 8-week exercise class, led by our fitness trainer, is designed to help improve strength, balance, and flexibility in children who have had therapy and are learning to be more independent with their exercise routines. Motivation from their peers and the instructor will help keep participants performing at their best! Because resistance and balance exercises will be practiced, a medical release is required and needs to be updated annually. Requirements: The focus of this class is for children who have had therapy and are learning to be more independent with their exercise routines. If the child is not independent, a parent or caregiver must accompany the child in class. **Ages 8 years and older.**
Wednesdays, 5:00 to 5:45 p.m.

Coordination Crew

Join us for a mental and physical workout combining coordination and visual activities with planning and processing tasks. Led by a speech therapist and an occupational therapist, children will learn strategies to improve body coordination, visual-motor skills, auditory processing, and multi-tasking in this fun, activity-based group. Requirements: Ability to work independently for 5 minutes and to consistently follow one-step commands.
Ages 5 to 10 years. Mondays, 4:30 to 5:30 p.m.

Pragmatic Language/Social Interaction



Come Play with Me: 1 to 2 Year Olds

A social-interaction and play-skills group that facilitates interaction with other children. Participants will practice interactive play, age-appropriate play skills, and socialization. Caregivers attend the group to assist with facilitating social interaction and to gain an understanding of the developmental skills to help the child practice at home.
Wednesdays, 9:00 to 10:00 a.m.

Come Play with Me: 3 to 5 Year olds

This group addresses play skills, social interaction, coordination, and basic communication skills. Children participate in preschool-readiness activities including self-introduction, story time, basic group discussion, and fine and gross motor activities. This fun, structured environment is guided by an occupational and a physical therapist. Requirements: Participants must be able to sit for 5 minutes independently during a group activity and follow basic directions. If you are uncertain about whether your child meets these requirements, schedule a screening with a Marianjoy therapist by calling (630) 909-7155.
Mondays, 10:00 to 11:00 a.m.

That's a Rap I : 5 to 7 Year Olds

This group focuses on structured social interactions and fun play activities to help your child develop greater awareness of their reactions to others and how others react to them. Requirement: Pre-registration group visit to determine eligibility. **Thursdays, 4:30 to 5:30 p.m.**

Let's Get Ready to Rap: 8 to 11 Year Olds

This is an expanded Rap Group that includes both speech and occupational therapy expertise. The first 30 minutes of the group will incorporate sensory integration principals for self-regulation. With their systems ready to go, children will then explore the wonderful world of making and keeping new friends, practicing social skills with peers in a safe environment. They will also learn to evaluate and improve the effectiveness of their communication style. Requirement: Pre-registration group visit to determine eligibility. **Tuesdays, 4:00 to 5:30 p.m.**



AQUATIC EXERCISE GROUPS

Pool classes are designed for children who have medical conditions requiring aquatic exercise. Most of our participants have had previous aquatic therapy experience and are ready to participate in a group setting. Our salt water therapy pool is kept at a temperature of 91-93 degrees, and all participants must have a medical release to participate in aquatic groups. This release MUST be updated annually.

All pool classes are run by physical or occupational therapists.

POOL SESSION DATES: August 15 - October 3, 2016

Parent and Child Swim

Aquatic exercise class for children ages 5 and up.

Requirements: Child must have previous pool experience and be accompanied by a parent or caregiver in the pool for assistance. **Mondays, 4:30 to 5:30 p.m.**

Aquatic Fitness For Kids

Aquatic fitness group for children 5 and older who are independent in the pool. The focus of this group will be to improve endurance, balance, and strengthening in the aquatic setting. Requirements: Children must be independent in the pool and follow directions safely in the water. Class size limited to six participants. **Thursdays, 4:00 to 5:00 p.m.**

Mom & Child Swim

For children 6 months to age 4 years, this class will focus on movement for balance, strength, respiration, and endurance to support a child's land-based therapy goals in a warm-water environment. This is not an Early Intervention Group. Requirements: Parents or caregiver must accompany the child in the pool to assist. **Tuesdays, 10:00 to 11:00 a.m.**

Sensory Pool

This class is designed for children 4 years and older with identified sensory integration or sensory regulation needs. This class focuses on self-regulation strategies; tactile and vestibular stimulation exercises; balance and aerobics for general health and wellness, as well as cooperative and social interactions with peers. Requirements: Participants must be able to be independent in the pool and follow directions safely in the water. **Wednesdays, 4:30 to 5:30 p.m.**



FALL 2016 CLASSES REGISTRATION FORM

Please use one registration form per child.

Child's Name: _____

Child's Date of Birth: _____

Primary Diagnosis: _____

Parent/Guardian's Name: _____

Street Address: _____

City, State, Zip: _____

Phone Number: _____

E-mail Address: _____

For the class(es) that require a parent or caregiver's participation, please indicate who will be attending:

Parent Caregiver

Emergency Contact Name and Phone Number:

REGISTRATION

I would like to register my child for the following class(es):

Class: _____

Class: _____

PAYMENT METHOD/CREDIT CARD INFORMATION

Payment ensures registration of your child in the class and is due prior to the start of the first class.

Check (made payable to Marianjoy)

MasterCard Visa

Credit Card #: _____

Cardholder Name: _____

Expiration Date: _____

Authorized Signature: _____

Charge Amount: _____

MAIL REGISTRATION FORM TO:

This registration form(s), with payment, may be mailed to

Melissa DiGiovanni
Marianjoy Pediatric Department
26W171 Roosevelt Road
Wheaton, IL 60187

When paying by credit card, your registration can be e-mailed to MDiGiovanni@Marianjoy.org or faxed to 630-909-7151.

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Marianjoy Pediatric Program

The pediatric Team is led by award-winning, board-certified pediatric physiatrist, Dr. Mary Keen. In her role as the team's coordinator, Dr. Keen helps oversee the treatment plans of our youngest patients. With an office located on Marianjoy's main campus in Wheaton, our therapists have immediate access to obtaining Dr. Keen's expertise when questions or concerns arise.



Dr. Mary Keen
Medical Director
Marianjoy Pediatric Program

Dr. Keen is board-certified in pediatrics, pediatric physical medicine and rehabilitation, and neuro-developmental pediatrics.



Dr. Larissa Pavone
Marianjoy Medical Group Physician,
Pediatrics

Dr. Pavone is board-certified in physical medicine and rehabilitation.

