



SUMMER 2009 ACTIVITIES

*For Children with
Special Needs*

**Physical, Social & Language
Skills Development**

Boulder Community Hospital's
Pediatric Rehabilitation Services
Mapleton Center
311 Mapleton Avenue, Boulder, CO
bch.org

303-441-2385

About Our Program

Pediatric Rehabilitation Services of Boulder Community Hospital is looking forward to another year of exciting summer activities!

The goal of our program is to help children of all ages realize their greatest potential. Our treatment philosophy is to improve a child's overall functional abilities while minimizing disabilities.

The summer programs give children the opportunity to work on physical, behavioral and language difficulties in exciting and challenging settings. With our high therapist to child ratio, activities can be tailored to meet the individual child's needs and to carry over therapy goals. Working on attention, language, communication, sensory and physical coordination are also built into camp activities. Emphasis is placed on interacting with peers at camp.

Qualified Staff

Our staff members are experienced and highly trained pediatric specialists.

Physical and Occupational therapists are skilled in helping children use their muscles to explore their environment and in helping them to interpret and learn from information in their surroundings.

Speech and language therapists assist children with talking and communicating their thoughts and ideas. We also assist children who have learning problems or other difficulties in school. Therapists help children develop social skills in fun, natural settings.

Funding

Scholarships may be available to help with camp costs. Families may also submit to private insurance or access flexible healthcare spending accounts. Please call for more information about funding possibilities.

To Sign Up

For enrollment or further information please call 303-441-2385.

Enrollment in summer programs assumes attendance at all sessions and payment for the same. A deposit is required for groups, and is payable at time of acceptance into the program. All children will be screened to assure proper group placement.

Deadline for Signing Up is May 1, 2009!

Deposits must be made by May 1st in order
for your child to attend the desired camps.

Full payment is required before or on the
first day of camp.



Mountain Day Camp

Mountain Day Camp is an American Camp Association accredited local camp. Therapists from the Mapleton Center work with Mountain Day Camp staff to coordinate goals and activities to meet the needs of children attending the camp. Children with language, sensory processing and attention needs will benefit from this day camp. While doing craft projects and playing games, campers work on getting along with others and improving their focus and attention span. Activities such as hiking, outdoor awareness and team building games will be structured to build communication skills, physical coordination, and an increased sense of self competence. Activities will be held at Eldorado Canyon State Park.

New drop off/Pick up info !!!

This year drop off and pick up will be at the Living School - 1852 Arapahoe Avenue.

Ages: 7 to 12 years

Hours: 8:15am drop off; 4:15 pm pick up

Dates: June 29-July 10 (2 weeks, M-F)

Cost: \$730 for both weeks of camp

Deposit: \$50 - refundable upon child's attendance at the camp

Camp Web Site: www.mountaindaycamp.com



Camp Mapleton

This day camp experience for 5-8 year olds targets having fun, communicating with peers, following a routine and working on motor skills in a play-based setting. Children with language, motor, and attention difficulties will benefit from this camp. This year's theme is performing arts. Each day will consist of creative activities such as music, dance, acting, art projects, costume making and set design in preparation for a performance for families and friends on the final day of camp. Leisure activities like picnics, swimming, outdoor games and hiking will also be included. Camp will take place at the Mapleton Center. Parents are responsible for transportation and providing a sack lunch each day.

Ages: 5-8 years
Dates: Monday-Friday, June 22nd - 26th
Hours: 10:00am to 2:00pm - bring a lunch!
Cost: \$375
Deposit: \$50 - refundable upon child's attendance at the camp

Helping Hands Camp

Helping Hands Camp is designed to incorporate constraint-induced movement therapy (CI-MT) by engaging campers in meaningful and purposeful activity with the affected upper extremity. The goal of camp is to gain functional use of this arm and reducing the likelihood of non use. Activities simulate a daily routine including dressing, brushing teeth, meals, and age appropriate indoor and outdoor play (gardening, group games, crafts, water play and music).

Constraint-Induced Movement Therapy (CI-MT) is a treatment approach used for children with hemiplegia or central nervous system damage affecting sensory and motor function on one side of the body. Often when a child has difficulty using one limb, they experience "learned non-use" as a result. Research shows that when a child receives intensive training in the use of the more-affected arm by restraining the unaffected one, the brain can grow new neural pathways, also termed cortical reorganization.

Campers will attend a pre-camp OT visit to determine baseline active and passive range of motion and perform some simple timed upper extremity tasks. CI-MT requires a least some functional grasp with the involved hand to be an effective treatment approach. During camp, the non-affected upper extremity will be restrained using a fiberglass cast fabricated during the pre-camp OT clinic visit. Campers will be supported with at least one Mapleton therapist, volunteer or student who has been trained in constraint-induced movement techniques. Camp will take place at the Mapleton Center.

Helping Hands Camp, continued

Ages: 3 - 14 years
Dates: Monday-Friday, July 20th - 24th
Hours: 8 am - 1:30 pm
Cost: \$ 450
Deposit: \$50 - refundable upon child's attendance at the camp



Summer Therapy Intensive*

Clinical observation and research indicates that intensified therapy experienced over a short period of time makes faster changes to the body and nervous system than once weekly therapy. Participating in a "therapy intensive" by attending sessions 2-4 times a week over a 3-4 week period will create the most effective intervention possible within a short time frame and 'jump start' the nervous system. Contact the Pediatric Rehabilitation Department or talk to your therapist about setting up a 'summer therapy intensive.' If you are planning an extended summer vacation, an intensive would be a great way to get the most out of therapy for your child this summer.

* Insurance coverage may apply to charges for this program.

"PEAK" Adventure Camp

PEAK (Personal Excellence for All Kids) is a custom-designed and individualized overnight camp program for 9 to 13 year olds with social skills, sensory processing, flexibility, and emotional regulation needs. Activities include hiking, canoeing, rock climbing, a high ropes course, cooking together, and social skills and games. Social skill concepts will be integrated into the various activities throughout the camp week. Support from Mapleton therapists and camp staff will make this an individualized, fun, and positive experience!

Parents drop off and pick up their children in Breckenridge. Carpooling information is available.

Ages: 9 to 13 years
Dates: Monday-Friday, August 3rd - 7th
Cost: \$700 for the week; meals provided
Deposit: \$50 - refundable upon child's attendance at the camp

(Please note: Successful attendance at Mountain Day camp or previous attendance at "PEAK" Adventure Camp is required to sign up for this camp)

