

CDC - Group Intervention Programs

Group	Age Range	Client Description	Exclusions	Group Format/Frequency	Group Goals/Focus
Ready to Play	Designed for children between 3 and 5 years	<ul style="list-style-type: none"> -Children who have difficulty with social communication and group participation -Children with moderate-severe language delays -Children who have difficulty with self-regulation 	<ul style="list-style-type: none"> -Children who have significant disruptive behavioral challenges are not appropriate for this program 	<ul style="list-style-type: none"> -Location: takes place at CDC in the Earl Martin Gymnasium. Each Ready to Play group consists of 5 - 6 children who have been identified by CDC clinicians -The program combines OT and SLP interventions. A Therapy Assistant facilitates the group sessions. -Ready to Play has a parent-training focus and runs for 8 weeks in total. It involves a mandatory parent information session on the first week, followed by 6 group sessions (45 minutes long) -Parents are expected to participate and practice using the strategies presented -Parents then attend the parent debrief session on week 8 	<ul style="list-style-type: none"> -Children gain experience participating in a small group setting while exploring their sensory preferences and improving their self-regulation and social awareness skills. -Many participants are preparing for transition to school, while others may have struggled with a recent transition to school. -Children participate in a range of activities such as: lining up, circle time (singing and games), jumping on a trampoline, rolling, marching, crawling through tunnels, crashing on a foam pillow, and parachute games. -Goals include: paying attention, following directions, waiting, transitions, awareness of others, use of social language, and self-regulation strategies
Tools for School	Designed for children preparing to enter kindergarten (ages 3-5 years).	<ul style="list-style-type: none"> -Children with general delays in development 	<ul style="list-style-type: none"> -Children must be motivated to participate in group activities and be able to follow directions -Children who display significant behavioral challenges are not appropriate for this program 	<ul style="list-style-type: none"> -Location: Tools for School takes place at the CDC and runs for 6 weeks in total -The program is run by an OT. The sessions are led by a Therapy Assistant and often an OT student -Parents observe from an observation window, while the OT explains and educates the parents on the purpose of the activities and how to implement at home 	<ul style="list-style-type: none"> -The focus is on the development of foundational hand skills (e.g. strength, dexterity, bilateral coordination) pencil grasp, pencil control, pre-writing skills, scissor grasp, and scissor control. -The goal is to promote increased participation in Kindergarten activities -While not a specific objective, preschool language and literacy concepts (i.e. colours, shapes, name recognition, numbers, letters, social skills etc.) will also be integrated into activities/sessions.
Tumble and Play	Designed for preschool age children	<ul style="list-style-type: none"> -Children who are having difficulty with gross motor skills 	<ul style="list-style-type: none"> -Children must be motivated to participate in group activities and be able 	<ul style="list-style-type: none"> -Location: Kingston Gymnastics Club -The program is run by a PT/gymnastics instructor with the 	<ul style="list-style-type: none"> -The purpose of this group is to facilitate gross motor development by using the fundamentals of a kinder-gym gymnastics

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			<p>to follow directions</p> <p>-Children who display significant behavioral challenges or have difficulty separating from their parents are not appropriate for this program</p>	<p>help of a Therapy Assistant and often a student PT.</p> <p>-Maximum of 6 children in each group. All children participating in the group are followed by the CDC.</p> <p>-Program runs for an hour for an 8 week session</p> <p>-Parents watch from the viewing area</p>	<p>program.</p> <p>-Gymnastics is a great activity to develop strength, coordination, and spatial awareness.</p> <p>-Activities will incorporate each child's physiotherapy gross motor goals.</p> <p>-The session will include a 10 minute warm up followed by 10 minute rotations to different areas of equipment (e.g. kinder-gym climbing sets, in-ground trampoline, foam pit, small balance beams, and the floor).</p>
<p>Swim Program</p>	<p>Offered to both preschool and school age children</p>	<p>-Learn to Swim:</p> <p>1) Teeny Bobbers class is geared towards children ages 3-5 with delays in their gross/fine motor skills. Children with sensory challenges are also included in this group.</p> <p>2) Super Swimmers class is geared towards children ages 6-10 with delays in their gross/fine motor skills. Children with sensory challenges and Developmental Coordination Disorder (DCD) are also included in this group.</p> <p>-Pool Buddies: children ages 5-10 with a physical diagnosis or challenges with stretching, weight bearing and gross/fine motor movements.</p>	<p>-If the child needs 1:1 support for behavior challenges or if the child has a difficult time separating from his/her caregiver, this program likely not appropriate</p>	<p>-Location: St. Mary's of the Lake Hospital</p> <p>-The program is run by a therapist and Therapy Assistant from CDC</p> <p>-Queen's University student volunteers provide 1:1 support for children with disabilities.</p> <p>-Parents do not participate in the class, they can observe from the pool deck</p> <p>-Classes typically run in 9 week blocks every Wednesday afternoon (September – December and January – April)</p> <p>-CDC therapists determine which program is most appropriate to meet the needs of the child (e.g. Learn to Swim versus Pool Buddies)</p>	<p>-The Swim Program provides children with the opportunity to learn basic swim skills and water safety in a safe environment with the support that they need.</p> <p>-Learn to Swim classes mimic a modified Red Cross swim program. Basic assisted swim skills include:</p> <ul style="list-style-type: none"> ▪ Kicking on front and back ▪ Gliding to retrieve objects ▪ Starfish floats on front and back ▪ Blowing bubbles ▪ Jumping off the side of the deep end into a volunteer's arms ▪ Bobbing for sunken toys ▪ Swimming the width of the pool with a noodle ▪ Pool games and songs <p>-Pool Buddies class is geared towards basic assisted swim skills include:</p> <ul style="list-style-type: none"> ▪ Floating ▪ Kicking/Splashing ▪ Reaching for pool toys ▪ Weight transfer in shallow water ▪ Trying out different flotation devices (e.g. wet vests)

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<p>Life Skills Group</p>	<p>Designed for school-age youth (approx. age 12-21 years)</p>	<p>-Youth who are looking for opportunities meet other teens and to develop skills promoting independence, such as cooking, using the telephone and developing self-advocacy skills</p>	<p>-Children must be motivated to participate in group activities</p>	<p>-Location: Groups typically take place at Limestone Kids, though we often incorporate community activities into the groups. -Groups are often run on PA days or in the summer -These groups are run by therapists on the Youth Team. Typically OT, PT and /or social work</p>	<p>-To provide the opportunity to collaborate with a friends in an activity -To reinforce/develop increased attention to task -To reinforce/develop social interaction skills -To reinforce/develop communication skills</p>
<p>Friendship Camp</p>	<p>Designed for school-age children (approx. age 6-12 years)</p>	<p>-Children who have difficulty with social communication and social skills</p>	<p>-Children must be motivated to participate in group activities and be able to follow directions -Children who display significant behavioral challenges are not appropriate for this program</p>	<p>-Location: Usually takes place at a local public school -Children attend the camp every morning for one week (usually 9am-12pm) -At this time the program is usually offered over March Break and for 2 sessions in July -Typically run by an OT and Therapy Assistant. Volunteers or students are also involved at times when needed</p>	<p>-Friendship camp aspires to offer school-age children a positive social experience and an opportunity to learn and practice social interaction skills -Programming is intended to create opportunities to practice group skills while engaging in a variety of motivating and therapeutic activities -Focus of the program: team participation, making connections with peers, sharing, awareness of self and others, learning about self-regulation</p>
<p>Lets Learn Language</p>	<p>Designed for children between 3 and 5 years</p>	<p>- Children who have expressive and receptive language delays - Children who are using 1-3 word utterances to communicate - Children who have no significant behavioural concerns</p>	<p>-Children who have significant disruptive behavioral challenges are not appropriate for this program</p>	<p>-Location: takes place at CDC in the Earl Martin Gymnasium. Each group consists of 4 - 6 children who have been identified by CDC Speech-Language Pathologists - Typically run by an SLP and Therapy Assistant -Lets Learn Language has a parent-training focus and runs for 7 weeks in total. It involves a mandatory parent information session on the first week, followed by 6 group sessions (60 minutes long) -Parents are expected to participate and practice using the strategies presented</p>	<p>- Support parent engagement and model interaction strategies - Increase expressive vocabulary and phrase length - Participate in adult-led small group activities - Expand play skills for cooperative play, turn-taking and cognitive skills</p>

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<p>Sign with Me</p>	<p>Designed for children between 2.5 and 5 years</p>	<ul style="list-style-type: none"> - Children who are using some sign to communicate - Children who have expressive language delays that may also include motor speech concerns - Children who may also have receptive language delays 	<p>-Children who have significant disruptive behavioral challenges are not appropriate for this program</p>	<p>-Location: takes place at CDC. Each group consists of 4 children who have been identified by CDC Speech-Language Pathologists - Typically run by an SLP and Therapy Assistant -Sign With Me can run between 4-6 weeks, 60 minutes each week. - Parents are expected to participate and practice using the signs presented. - Parents are encouraged to set goals each week.</p>	<ul style="list-style-type: none"> - Increase expressive vocabulary and phrase length through support of sign language - Participate in adult-led small group activities - Expand play skills for cooperative play, turn-taking and cognitive skills. - To educate parents on ways to use sign language to support expressive and receptive language development.
<p>More Than Words</p> <p>This is led by a MTW Hanen certified SLP</p>	<p>Designed for preschool age children</p>	<ul style="list-style-type: none"> -Autism Spectrum Disorder or query ASD -Social Communication Disorders with moderate or severe language delays -Hanen categories: Own Agenda, Requester, Early Communicator 	<p>-Children who have already started communicating for a variety of reasons – Hanen “Partner” stage is not covered.</p>	<ul style="list-style-type: none"> - Can accommodate 6-10 depending on #SLPs - 8 weeks including 5 parent-only sessions (2hr each) - 3 individual parent-child sessions (1hr) - Group runs yearly in fall depending on numbers 	<ul style="list-style-type: none"> - Further develop parents’ knowledge of ASD and social communication - Help parents understand and implement strategies to enhance their child’s interaction, communication and comprehension skills - Parents supporting parents
<p>Jump Start!</p>	<p>Designed for preschool age children</p>	<ul style="list-style-type: none"> - Children who are having difficulty with gross motor skills (balance skills, jumping, ball skills and/or coordination skills). - Children who may be appropriate for Tumble and Play but therapist is unsure of how child will participate in group setting. - Children who may not yet be ready for Tumble and Play group and need a smaller, quieter setting to work on gross motor skills. 	<ul style="list-style-type: none"> - Children must be motivated to participate in group activities and be able to follow directions - Children must be walking independently to participate. - Children who display significant behavioral challenges or have difficulty separating from their parents are not appropriate for this program 	<p>- Location: CDC Earl Martin Gym - 1 hr sessions, 5-6 weeks in length depending on scheduling. - Run by a Physiotherapist with Therapy Assistant. - 3-5 children depending on needs of group. - Parents remain in CDC Waiting room or Family room.</p>	<ul style="list-style-type: none"> - Group is designed to work on gross motor skills such as balance, jumping, ball skills and coordination skills. - Group will include short circle time including gross motor song, obstacle course, focused skill practice and a gross motor group game. - Group may be tailored to address specific goals depending on the needs of the children within the group.
<p>Teach and Talk Workshop</p>	<p>Designed for preschool age children</p>	<p>-Autism Spectrum Disorder or query ASD</p>	<ul style="list-style-type: none"> - motor speech disorder or query motor speech only - developmental delays only (developmental delay plus ASD are accepted) - mild receptive lang delays 	<ul style="list-style-type: none"> - 3 hour parent training session - children do not attend - Run by 2 SLPs or can be 1 SLP and TA/CDA/SLA - run jointly by EE and CDC/ACS 	<ul style="list-style-type: none"> - Training to support parents with children who would benefit from basic receptive (i.e., first-then schedule, visual schedule, task strip) and expressive (e.g., choice making) low tech AAC .

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<p>Reading Together</p>	<p>Designed for preschool age children</p>	<ul style="list-style-type: none"> - Children receiving service or on the waitlist for Early Years or Bridges SLP services - Children who have expressive and receptive language delays 		<ul style="list-style-type: none"> - 1 hour parent training workshop - children do not attend - run by early literacy specialist and 1 SLP 	<p>To educate parents on shared reading strategies for;</p> <ul style="list-style-type: none"> - increasing vocabulary - improving interaction - increasing their child's interest in books
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