



# Welcome to Easter Seals Pediatrics



*A World of Possibilities!*

Children with disabilities will have equal opportunities to live, learn, work and play in their communities.



# What We Do

Easter Seals Superior California is a non-profit agency in the greater Sacramento area which helps people with disabilities have equal opportunities to live, learn, work, and play in our region. In our Pediatric Services department, we specialize in making it “A World of Possibilities” for every family and child we serve. We offer services for children from 0-22 through a variety of programs, including Early Intervention, School-Based Services, private pay, and insurance-based options.

Pediatric services can include child development, speech and language therapy, physical therapy, and occupational therapy. We also offer specialized services such as warm-water therapy, feeding therapy, functional intensive therapy (KidFIT), assistive technology and communication, infant massage, Love and Logic, an equipment loan library, the pediatric treadmill program, and more. Call our Pediatric Administration office at (916) 679-3155 to get connected with our team of experts!



## Early Intervention

The Easter Seals Early Start program is for children 0-3 with developmental delays. Early Start is a family-centered coaching program in which a team of interventionists teach parents, siblings, and other caregivers strategies to enhance a child's development within typical daily routines. Services usually take place in the home or in another natural environment as part of the Individual Family Service Plan (IFSP).

Areas of Development Addressed in the Early Start Program:

- Cognition
- Social-Emotional
- Physical (fine motor and gross motor)
- Self-care
- Communication

Families who suspect a developmental delay and who are interested in the Early Start program should contact their local regional center and request an assessment. In the greater Sacramento area, contact the Alta Regional Center at 916-978-6249.

## School Based Services

Easter Seals provides physical therapy, occupational therapy, and speech therapy in the Sacramento and Stockton area school districts for children aged 3-22. Additional specialty services available with some school districts include warm-water physical therapy, assistive technology and communication, and home hospital therapy services. Services are typically provided as part of the child's Individual Education Plan (IEP).

To obtain school therapy services, a family must contact the local school district and request an evaluation in writing. Therapy services in the school setting are for the express purpose of supporting school function.

If you would like to receive Easter Seals therapy services in your school district, just request us. Easter Seals is certified by the California Department of Education as a Nonpublic Agency (NPA) and can contract with any school district in the state.

## KidFIT

Our Functional Intensive Therapy (KidFIT) program helps to create a world of possibilities for children with unique needs. This program is available through physical therapy, occupational therapy, or speech therapy.

- KidFIT is a dynamic, cutting-edge treatment approach designed to help children improve their ability to participate in their community.
- It is a self-referring, caregiver participation, private pay program that begins with a family-focused evaluation and treatment plan.
- KidFIT's treatment planning is flexible and collaborative to meet the child's and family's needs from goal setting to scheduling.
- You and the evaluating therapist will determine together the best length of the program; programs can be as long as two weeks for 2-3 hours per day or as short as 3 days for 1 hour day. Decisions are made on a collaborative basis.



## Private Pay and Insurance

Easter Seals also offers standard private-pay therapy programs. Families interested in private-pay therapy services for their children can contact Pediatric Administration at (916) 679-3155 to schedule an evaluation. Based on the results of the evaluation and your input, the therapist will write a treatment plan with functional goals and a recommended frequency and duration of therapy. Our Pediatric Administration can give you more information on pricing.

Why pay privately?

- No restrictions imposed by outside payors
- Services tailored exactly to your child's needs
- Frequency and duration of therapy that works best for your child's goals
- Flexible scheduling

Easter Seals takes insurance on a case-by-case basis. If you are interested in finding out what your plan covers, please contact Pediatric Administration at (916) 679-3155 with your insurance information ready.

## Child Development

A Child Development Specialist assists a child in learning to gather, interpret and act on information from the world around them.

Specifically, the specialist addresses a child's cognitive and social-emotional development in the following areas:

- Attention and memory
- Problem solving
- Functional use of objects
- Symbolic play
- Visual perceptual skills
- Interpersonal skills
- Self regulation
- Self concept

This intervention allows the child an opportunity to practice a variety of play skills using toys such as shape sorters, blocks, puzzles and books. Child Development Specialists are also a great resource for parents regarding typical childhood development and milestones, play and peer interactions, and strategies to address behavioral challenges.

## Speech Therapy

Speech and language therapy helps children who have trouble making sounds/words, have difficulty understanding words, or struggle to use language to share ideas or get wants/needs met. In some cases the use of alternative forms of communication are used (e.g. pictures, sign language). The main goal of speech and language therapy is to give a child meaningful ways to communicate. The speech therapist works with the child and their family to set up opportunities for the child to use their speech and language during usual family and social activities.

Speech therapy can address the following areas:

- Social language
- Alternative/augmentative communication
- Motor speech disorders
- Oral motor
- Receptive and expressive language disorders
- Speech sound disorders/phonology delays

## Physical Therapy

Our pediatric physical therapy services help children who have movement challenges participate in their home and community settings. Easter Seals pediatric physical therapists are movement specialists who help children in the following areas:

- Range of Motion
- Pain
- Gross Motor Skills and Development
- Strength and Endurance
- Coordination and Balance
- Postural Control
- Mobility (e.g. crawling or walking with or without a specialize device)
- Equipment Needs (including recommendations and maintenance)

Easter Seals' physical therapists use a variety of different methods to help children improve their motor skills including strengthening, stretching, exercise through play, treadmill training for walking, and aquatic activities in a therapeutic warm water pool. Our physical therapists partner with caregivers to create meaningful achievable goals and home activities that empower families to help their children achieve their highest level of independence for participation in their home and communities.





## Occupational Therapy

Occupational therapy helps to promote a child's participation and independence in activities that are meaningful to them. Occupational therapy practitioners work with families, caregivers and teachers to identify and address the needs of children who are experiencing difficulties with daily activities, including self care, fine motor coordination, visual perception, and sensory processing.

Occupational therapy practitioners work with children by:

- Completing an assessment of the skills needed to perform successfully in their daily life and developing an individualized treatment plan and goals.
- Teaching skills and strategies to both the child and the caregivers to increase function and independence.
- Modifying or compensating for barriers that might be affecting functional performance.



## Feeding Therapy

Feeding therapy is provided by either speech and language pathologists or occupational therapists who have additional training and certification in feeding therapy.

Feeding Therapy provides:

- A comprehensive evaluation including oral feeding and swallowing.
- Training with families to help them understand their child's feeding difficulties and learn necessary techniques to advance their child's feeding skills.
- The therapy necessary to progress in the ability to handle new foods, foods with different textures, chew, and drink from a cup.
- Follow up visits as deemed appropriate by the treating therapist and family, with time allowed in between for the child and family to practice new skills and routines.
- Support and learning opportunities for families to help their child eat as safely and efficiently as possible.





# Easter Seals Pediatrics



The Easter Seals Pediatrics Department offers a wide variety of services for children with special needs including the following:

- Early Intervention (0-3 years old)
- School Age Services
- Private Pay/ Insurance
- KidFIT Intensive Therapy

Our therapy team consists of interventionists with specialties in the following areas:

- Child Development
- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Feeding Therapy

If you are interested in services for your child, or would like to work or volunteer with us, please contact our administration!

(916) 679-3155



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