

Empowering Steps (ES)

COVID-19 Safety Plan Principles

- Health and safety of all individuals is a priority
- Activities are in alignment with provincial health recommendations
- Modifications to activities are in place in order to reduce the risks to each participant

ES Sessions 2020-2021

Our mission is to provide a nurturing and inclusive environment, which allows children to achieve their fullest potential and improve fundamental and complex motor skills, physical fitness, endurance and self-concept. Your child will foster social skills, learn to overcome fears, and learn to take safe and calculated risks throughout the ES programs. Our programs utilize a Developmental Social Pragmatic (DSP) Approach based on the principles of typical child development and how typical children learn to interact, which helps to inform the development of a Behaviour Plan of Intervention (BPI) for each child.

EMPOWER your child at our weekly sessions specialized for children and youth living with Autism & other Neurodevelopmental disabilities!

Empowering Steps 2020/21 Sessions will include:

- 35-week program, running from September 2020 to June 2021
- Behavioural Intervention
- Movement Therapy
- Social groups led by our SLP, Suzy
- Integrated speech & language sessions
- Specialized supplementary sessions dedicated to bike riding or indoor rock climbing on Fridays
- *Ongoing registrations will be accepted based on space and availability*

We are also very excited to announce the addition of the following services:

- Physiotherapy on Saturdays
- Speech Therapy on Tuesdays
- Music Therapy on Wednesdays
- Empowering Steps Home School Program (in collaboration with your home school provider)

We will be working alongside and collaborating extensively as a team with the above professionals to provide your child with a multi-dimensional program.

Service	Rate
All ES Services	\$120/hr*
BI/MT initial assessment	\$240/assessment
Group Sessions	Available upon request
ES Home School Program	Available upon request

**rate includes bi-annual Empowering Steps BI/MT assessments in January and GBC membership/insurance fee*



Empowering Steps 2020/21

**For Children and Youth Living with Autism
and other Neurodevelopmental Disabilities**



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Empowering Steps (ES) Services

Empowering Steps Behavioural Intervention (BI): (Mon- Fri, 9am-7pm; Sat-Sun, 9am-1pm)

- An individual Behaviour Plan of Intervention (BPI) is developed following an initial assessment and with formal follow-up assessments bi-annually
- The BPI incorporates our 10-stage motor scale to track gross and fine motor development
- One-to-one sessions with consistent therapist(s), September through June. This allows for your child to build a trusting relationship, as well as allow for adequate physical and emotional support throughout their session.
- Sessions are 45 to 60 minutes in length and multiple weekly sessions are available
- Conducted in a fun, inclusive environment that utilizes gymnastics equipment such as trampoline, trapeze, and beams
- Most beneficial for children with Autism Spectrum Disorder (ASD), Anxiety disorder, ADHD, and other social behavioural challenges
- We are now including arts and crafts, board games, and other fine motor activities into our sessions!

Empowering Steps Movement Therapy (MT): (Mon- Fri, 9am-7pm; Sat-Sun, 9am-1pm)

- A motor intervention based on a 10-stage motor scale
- Your child is assessed on their current motor skills and placed on a stage in our curriculum and formal follow-up assessments will be conducted bi-annually. As your child progresses through the stages, the motor skills become more complex and require a great deal of focus, coordination, balance and strength
- One-to-one sessions with consistent therapist(s), September through June
- Sessions are 45 to 60 minutes in length and multiple weekly sessions are available
- Conducted in a fun, inclusive environment that utilizes gymnastics equipment such as trampoline, trapeze, and beams
- Most beneficial for children with motor deficits, low muscle tone, or poor muscular coordination (i.e. children living with cerebral palsy, Down syndrome, delayed coordination disorder, muscular dystrophy, etc.)

Empowering Steps Home School Program:

Individualized Program: (Mon-Fri, offered between the hours of 9am-1pm)

- One-to-one sessions with an ES therapist, multiple sessions per week
- We will work with you and your child's home school team of professionals to build an integrative program that can include specialized lessons on math skills, language, physical activity, social skills, etc.
- This can include time with our PT, SLP, and Music Therapist, in additional to an ES therapist
- Session lengths can be personalized to best fit the needs of your child

Empowering Steps (ES) Services (cont.)

Physiotherapy (Saturdays):

- One-to-one assessment, weekly therapy or integrated ES BI + PT with our registered Physiotherapist (PT)
- Integrative therapy sessions: offered daily, in consultation with our PT and administered by an ES therapist
- Home school support through the Empowering Steps Home School Program

Speech Therapy (Tuesdays only, 12pm-5:30pm):

- Assessments with our Registered Speech-Language Pathologist (SLP), Suzy Spence, to integrate communication goals into the ES program
- Social group: 3-5 children per group developing essential social communication skills together and building meaningful relationships with their peers
- Integrative therapy sessions: offered daily, in consultation with our SLP and administered by an ES therapist
- Home school support through the Empowering Steps Home School Program
*** Please note: there will NOT be any SLP assessments or group sessions on November 10th*

Preschool-aged Group: (Tues/Wed mornings, 11am-12pm)

- School "readiness" assessments and programming
- Sessions on Tuesdays with our SLP and Wednesdays with our Music Therapist
- Priority will be given to multi-day registrations, then first come first serve for single days

Music Therapy: (currently available on Wednesdays between 9:45-10:30 or 1pm-7pm)

- One-to-one therapy sessions with our certified Music Therapist, Joney Poon
***Special time requests may be available upon request*

Specialized ES Sessions:

Bike Riding (Fridays, September only)

- One-to-one instruction to learn how to ride a bike or build upon existing skills
- Registration on a monthly, 4-week consecutive session basis

Rock climbing at Climb Base 5 (Fridays, 10am-12pm/12-2pm/2-4pm)

- One-to-one instruction to learn how to rock climb or build upon existing skills
- Registration on a monthly, 4-week consecutive session basis

Please note: at this time, all sessions will be held at Club Aviva or online via video conferencing services. We are unable to resume therapy at Poirier Pool at this time.