

# Focused Interdisciplinary Therapy Program

## A Fairmount Rehabilitation Program at Kennedy Krieger Institute

### Who We Are

The Focused Interdisciplinary Therapy Program at Kennedy Krieger Institute offers intensive therapy for children and adolescents with persistent disabling conditions. This intensive therapy targets specific therapeutic goals to help improve:

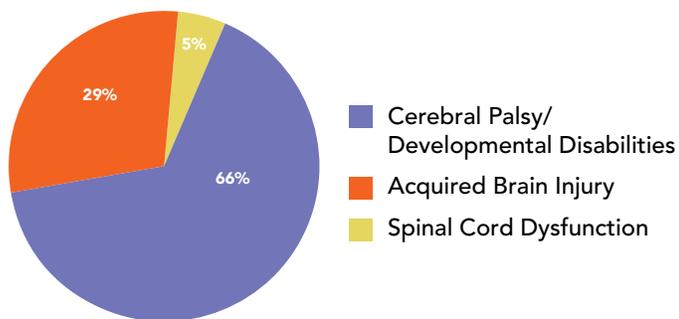
- Physical abilities, such as sitting, standing or walking
- Daily activities, such as handwriting, eating or dressing
- Communication skills, such as the use of an augmentative device, articulation or breath support
- Cognitive skills, such as memory or organizational skills

The program is part of the Fairmount Rehabilitation Programs, an array of interdisciplinary therapy programs for patients with disorders and injuries of the brain, spinal cord and musculoskeletal system.

### Who We Serve

Our program is designed for individuals ranging from 9 months to 21 years of age. Patients may have a variety of chronic conditions, such as:

- Traumatic brain injury or other acquired central nervous system injury
- Spinal cord injury or dysfunction
- Cerebral palsy or other developmental disabilities



*Before participating in the Focused Interdisciplinary Therapy Program, patients must complete the initial rehabilitation that their specific injury or surgical procedure requires.*



### Our Team

Patient care is provided by an interdisciplinary team of:

- Pediatric rehabilitation physicians
- Physical therapists
- Occupational therapists
- Speech and language pathologists
- Neuropsychologists
- Nurses
- Special educators
- Psychiatrists
- Psychologists

We are all born with great potential.  
Shouldn't we all have the chance to achieve it?



Kennedy Krieger Institute  
UNLOCKING POTENTIAL

## Our Treatment Approach

When a patient begins our program, an individualized treatment plan is developed under the direction of the team's pediatric rehabilitation physician. Our therapists have found that the structured, highly repetitive practice of a skill in a variety of contexts often helps a patient learn that particular skill more quickly. The specific frequency and duration of therapy varies according to the patient's age, abilities and goals for therapy. However, based on age and areas of need, patients enrolled typically receive therapy services for two to six hours a day, five days a week, for four to six weeks.

During this time, patients might receive a combination of individual and group therapy services to help them achieve the goals set by their family and therapeutic team. For school-aged children, educational services are also provided so that patients may continue with their schoolwork while participating in the program.

Our team uses a variety of therapeutic equipment to assist patients in reaching their goals, including:

- Electrical stimulation
- Treadmills
- Gait trainers
- Adapted video games
- Robotic devices

Therapists also make recommendations for ordering new equipment for the home, such as:

- Walkers or canes
- Adapted utensils for mealtime
- Bathroom equipment
- Splints and orthotics

The team will also help set up the equipment and train the patient and family on its use, so that the new skills carry over into the child's natural home environment.

## Our Success

Our program has a proven record of treatment success and patient satisfaction:

- 92 percent of our patients have met or exceeded goals in areas such as mobility, strength, endurance and increased independence in the home and community.
- 100 percent of our patients have indicated overall satisfaction with the program.
- 100 percent of families surveyed have indicated that the program addressed the needs they had identified for their children.

## Summer Programs

Because we know many of our school-aged patients may prefer not to miss school while completing an intensive therapy program, we offer group-based therapy during the summer months. Availability is limited for these groups, and participants need to be attentive and cooperative to get therapeutic benefit from the small-group setting. In the typical summer group program, children are seen for three to six hours daily, five days a week, for one month.

*“My wife and I were thrilled with our daughter’s improvements after completing the program. We’re planning to come back again next year.”*

– Parent

## Contact Information

For more information or to schedule an appointment, please call **443-923-4587**, or call toll-free at **888-554-2080**. TTY users, please contact us at **443-923-2645**, or dial **711** to make a Maryland Relay call.

Referral specialists are available Monday through Friday from 8:30 a.m. to 5 p.m.

For more information, please visit our website at **KennedyKrieger.org/Rehabilitation**

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