

**Proposal Summary**  
**Meeting Date: 8/23/2017**

**Center for Independence through Conductive Education**  
**Request # 115448**

|                            |  |
|----------------------------|--|
| <b>Project Title:</b>      | Southside Chicago Conductive Ed Center                         |
| <b>Duration:</b>           | 12 months  |
| <b>Request Date:</b>       | 7/6/2017   |
| <b>Request Amount:</b>     | \$163,000  |
| <b>Recommended Amount:</b> | \$163,000  |
| <b>Program Area:</b>       | Health and Rehabilitation\Special Project\Conductive Education |
| <b>Population Served:</b>  | Physically Disabled  |
| <b>Type of Support:</b>    | Program Support  |
| <b>Grantee Location:</b>   | Countryside, IL  |
| <b>Primary Contact:</b>    | Ms. Patricia C. Herbst   |

**Project Abstract**

This request is to support the Center’s efforts to startup a Conductive Education (CE) program at a fourth site to serve children and young adults with physical disabilities living in the south and southwest corridor of Chicago.

**Organizational Background**

The Center started in 1998 in a local church providing motor training services to six children with physical disabilities. Since inception, the Center has served approximately 550 children and young adults and provided over \$10 million in non-reimbursable therapeutic services. Today, the Center provides intensive motor training programs year-round to approximately 170 children and young adults at three locations: Countryside, Chicago, and Lake Zurich (Northwest suburb of Chicago). During 2016, the Center provided over \$750,000 in nonbillable therapy services to over 150 children.

**Annual Revenue Sources**

|        |     |                 |     |               |    |
|--------|-----|-----------------|-----|---------------|----|
| Grants | 16% | Government      | 5%  | Earned Income | 1% |
| Fees   | 38% | Private Support | 40% | Other         | %  |

**Finances**

|                          | <b>Budget</b> | <b>Actual</b> | <b>Actual</b> |
|--------------------------|---------------|---------------|---------------|
|                          | 12/31/2017    | 12/31/2016    | 12/31/2015    |
| <b>Revenues</b>          | \$1,420,125   | \$1,487,006   | \$1,355,636   |
| <b>Expenses</b>          | \$1,420,125   | \$1,420,190   | \$1,234,314   |
| <b>Surplus (Deficit)</b> |               | \$66,816      | \$121,322     |
| <b>Net Assets</b>        | \$1,474,995   | \$1,474,995   | \$1,408,179   |

## Program Description

Children and adults with physical disabilities living in the South-Southwest communities of Chicago are underserved and face many barriers to motor training. Aside from the economic barriers of these communities, changes in the Illinois Managed Medicaid Program has resulted in a large shortage of physical therapy (PT) and occupational therapy (OT) providers. The lack of consistent, ongoing therapy for children with motor disabilities causes many secondary complications as they grow older. Thus, improving functional outcomes of children with physical disabilities improves the life of the individual, and can positively impact the health of the entire family by reducing the overwhelming strain of caregiver reliance.

The Center's Conductive Education (CE) program focuses on improving life skills, self-care skills, work readiness, self-direction and self-advocacy. Conductive Education can be defined as a holistic method that utilizes an active cognitive approach to teach individuals with neurological dysfunction and motor disorders to become more functional in daily activities. There are several characteristics of CE which make it a unique approach, including the leader, rhythmic intention, task series, and group format. The task series is a way in which an activity is broken down into functional units in order to promote motor control and improved orthofunction (i.e. functions of daily living, such as dressing, eating, and practicing personal hygiene). CE is conducted in a group setting, which provides a social context, promotes learning, develops peer relationships, improves communication skills and encourages confidence, support and motivation. The Center's programs consists of the following:

- **Intensive Motor Training Program for Children and Young Adults**  
Conductive Education Teachers, Physical Therapists and Occupational Therapists work together to provide a comprehensive program, which is delivered in a group setting. The setting is a strong motivator, encouraging children and teens to develop autonomy and self-esteem.
- **Vocational Training Program for Teens/Young Adults**  
Focuses on workplace skills including job exploration, resume writing, mock interview practice and social skills. The program offers experiential learning that includes job shadowing, volunteering, and internships with the intent of leading to employment. During 2016, the Center placed 48 teens and young adults with physical disabilities in paid internship position.
- **Teaching Together Chicago**  
The Center is leading the collaboration with development disabilities service agencies and the Chicago Archdiocesan schools to expand employment opportunities to adults with disability. The project started in 2016 and within one year has placed 13 adults with disabilities in paid internship positions with 9 being hired for permanent employment.
- **Respite Program, Parent Training & Cerebral Palsy Support Groups**  
Center regularly hosts Respite Days, Counseling, and Parent Education Events that focus on Financial/Medical Benefits, Medicaid; Legal Resources; Program Funding through All Kids, and advocacy skills.
- **Adult Stroke Program**  
Based on a study in 2015, CE training for adult stroke survivors showed improvement in hand function, independence and neural pathways. Following the study, the Center piloted an intensive training program for adults six months post-stroke in conjunction with Governors State

University. The program continues to be offered with participants showing improvement in balance, coordination, ambulation skills, strength, endurance and activities of daily living.

This request is to support the start of the CE program at a fourth site to serve children from 2-18 years of age, and young adults 18-26 in the South/Southwest area of Chicago. The Center will hire staff, enroll participants, deliver programming and monitor children's progress as they participate in the year-round CE program. The fourth site will replicate programs offered at their other three sites, which are located in Countryside, Chicago, and Lake Zurich.

To gauge interest from the community and local stakeholders, the Center hosted a pilot summer Conductive Education Program in Homewood, Illinois. The summer program was attended by 36 children and young adults. Of those attending, 85% are reliant on Medicaid and face barriers to quality therapy services; 85% are African American, 10% Caucasian, and 5% Latino.

The pilot summer program affirmed the opportunity and need for CE programming for children in the southwest suburbs of Chicago. The pilot revealed the difference in skill levels of children who attend quality programming and children from underserved communities who do not have access to the services. For example, 90% of the children 4-10 yrs old enrolled in the pilot were not toilet trained and began working on this very basic skill. In comparison, 80% of children participating in conductive education have been successful at toilet training by age 10. The Center's motor training program gives children the tools to become more independent and reduce the burden of care giver assistance. As an aside, the Center is currently partnering with Governors State University and the Shirley Ryan Abilitylab in a research study to measure the continence levels of children with cerebral palsy and Conductive Education's impact on achieving continence.

### **Expected Outcome**

The main goal of Conductive Education is to increase functional independence and improve the child's ability to participate in the community. Specific outcomes for the new site include:

- At least 50 children and young adults with a physical disability will participate in the CE training program and demonstrate gains in functional skills noted by progress reports and the functional independence measurement scale. At least 90% of all parents or caregivers will identify improvement in functional skills, as well as carry-over functional independence at home and school.
- At least 20 teens and young adults will participate in the Vocational Training Program. At least 90% will show improvement in functional skills; at least 85% will successfully participate in an experiential employment position (job, volunteer, internship) in preparation for employment.
- As it would be the first time these children participate in CE and/or an intensive motor training program, there is an opportunity to measure the impact of Conductive Education. The Center is partnering with Governors State University to study the program's impact over the course of a year.

### Program Budget

The request is for \$163,000 (65%) of the total budget of \$250,500. It includes costs for staff, programming, occupancy, and supplies and equipment to be used to deliver therapy.

### Prior Grants

**Last Grant Date:** 2/2/2017

**Last Grant Amount:** \$15,000 (Giving Tuesday)

**Number of Prior Grants:** 19

**Total Amount Granted:** \$1,162,800

### Recommendation

The Center has a successful history with opening new sites to offer the CE programs and increase access to children with physical disabilities. The Center opened its main site in Countryside, Illinois in 1998. In 2007, they started a second site in Lake Zurich, Illinois, and opened a third program at El Valor in Chicago – all three programs continue to operate. In addition, the Center's programs prove to be successful in fostering and increasing independence and improving the quality of life of children with developmental disabilities.

We recommend support for startup funding for the new site in the southwest area of Chicago. Funding will assist the Center with the costs of starting a program allowing them to promote the program in the community, provide services, and hire staff before they are able to bill for services and can raise funds to support continued programming.

|  |                       |                        |                        |
|--|-----------------------|------------------------|------------------------|
| <b>Center for Independence through Conductive Education</b>        |                       |                        |                        |
| <b>Program/Project Name: Expansion to South/Southwest Location</b> |                       |                        |                        |
| <b>Submission Date: July 12, 2017</b>                              |                       |                        |                        |
| <b>Budget Period: September 1, 2017 - August 31, 2018</b>          |                       |                        |                        |
|  |                       |                        |                        |
|  |                       |                        |                        |
| <b>Revenue</b>   | <b>Funds Needed</b>   | <b>Funds Requested</b> | <b>Funds Committed</b> |
| Coleman Foundation   | \$163,000             | \$163,000              | \$0                    |
| Private donations/grants   | \$72,000              |                        | \$72,000               |
| Organizational contribution  | \$5,500               |                        | \$38,500               |
| Program Revenue  | \$10,000              |                        | \$10,000               |
| <b>Revenue Total</b>   | <b>\$250,500</b>      | <b>\$163,000</b>       | <b>\$120,500</b>       |
|  |                       |                        |                        |
| <b>Expense</b>   | <b>Project Budget</b> | <b>Coleman Funds</b>   | <b>Other Sources</b>   |
| Project Director 20% FTE   | \$25,000              | \$20,000               | \$5,000                |
| Program Manager FTE  | \$68,000              | \$41,000               | \$27,000               |
| Therapy Staff (1 PT, 1 OT, 1 CET - 35% FTE)                        | \$91,500              | \$55,000               | \$36,500               |
| Promotional/Marketing  | \$6,000               | \$3,500                | \$2,500                |
| Occupancy  | \$30,000              | \$25,000               | \$5,000                |
| Summer Camp Expense  | \$9,000               | \$6,000                | \$3,000                |
| Therapy Equipment & Program Supplies                               | \$12,500              | \$12,500               | \$0                    |
| Telephone  | \$3,000               | \$0                    | \$3,000                |
| Insurance  | \$2,000               | \$0                    | \$2,000                |
| Meetings   | \$1,500               | \$0                    | \$1,500                |
| Misc Office  | \$2,000               | \$0                    | \$2,000                |
| <b>Total</b>   | <b>\$250,500</b>      | <b>\$163,000</b>       | <b>\$87,500</b>        |