

An Introduction

Anne Carlsen Center (ACC) knows the major role therapy plays in the lives of the individuals we serve. From diagnosis to follow-up care and prevention, we believe the individual comes first.

Each day, at our Jamestown Campus and through the Community Services we offer throughout the state, we help bodies and minds grow stronger. We share our extensive expertise with fellow professionals and are helping build a network of care across North Dakota.

ACC primarily works in the areas of Physical and Occupational Therapies, as well as Speech and Language Pathology.

We also work in more specific areas such as ...

* **Dysphagia Treatments** are available for individuals with feeding and swallowing disorders, along with nutritional assessments by our dietician.

* **Therapeutic Swimming** in our specially-designed pool offers therapy in a fun and relaxing atmosphere. The water is maintained at 95 degrees, providing all the benefits of a whirlpool or hot tub. The pool floor operates on hydraulic lifts, allowing the water depth to be altered from one inch to five feet.

* **Sensory Integration** technology available at the Center makes us one of only a handful of organizations that can address a wide spectrum of autism-related issues. We use integration techniques to enhance traditional therapies for individuals with visual and hearing deficits, autism, and behavior disorders. ACC also uses tools and techniques for visual stimulation, relaxation and interaction. In our Sensory Motor Center, we have an accessible indoor tree house and a water and sand center for learning, freedom and fun.

About ACC

Anne Carlsen Center provides individualized services for children, teens and adults with disabilities, such as autism, pervasive and other behavior disorders, cerebral palsy, orthopedic, vision and hearing impairments, and many other medical challenges. Our caring and experienced staff nurtures abilities in order to change lives.

How Can I Learn More?

Therapy workshops are not limited to those listed in this brochure. These presentations are perfect for workshops, trainings, conferences and in-services.

For more information or to set up an appointment with one of our highly-trained staff members, please contact Anne Carlsen Center Outreach Specialist **DEAN GIEDT** at 1-800-568-5175.



Anne Carlsen

C E N T E R

Nurturing abilities. Changing lives.

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Anne Carlsen Center

Therapy Workshops

Adapt Your Child's Work and Play Environments

This session is less about the individual with a disability, and more about techniques for the caregiver and how to care for a person with a disability effectively. Participants in this workshop will become familiar with a wide array of items they can make and implement after returning home or to the work environment.

The presentation will begin with a period of discussion and finish with participants choosing a make-n-take project to make. This project will show the ease and cost efficiency for adapting a child's environment.

Body Mechanics and Transfer Techniques

This conference will identify safe and effective ways for various body parts to interact when moving and lifting objects. Participants will receive hands-on practice with techniques following an in-depth discussion and demonstration of these specific practices.

Ergonomics

Participants will get an overview of what ergonomics is and why it is important in the workplace. Common injuries from cumulative trauma disorders and back injuries will be discussed. Participants will learn proper lifting guidelines and the importance of good posture.

Office ergonomics and the setup of work stations

will also be reviewed. Depending on the audience, hands-on practice can be added.

Handwriting From A to Z

Handwriting combines mastery of communication skills with control of muscles and is a skill needed for an independent and rich life.

Participants will increase their understanding of the importance of early developmental activities for a child and their impact on handwriting. They will learn about the complexities of the process and the underlying mechanisms needed to learn to write.

Participants will get an overview on the differences in teaching handwriting among teachers, the impact over time that poor handwriting may have on a student, and how to work with left-handed students.

Learning How Your Senses Work Together

This workshop teaches about the seven basic senses, why these senses are important to development and learning, and what characteristics a child with a sensory dysfunction may display.

Safe and Efficient Eating for Students With Disabilities

After completing this presentation, participants will understand the effects of environment, positioning, sensory status, and oral-motor skills

on the child's ability to eat safely and efficiently. Participants will also learn to recognize swallowing problems that exist and the need for intervention.

Using Visual Supports to Enhance Communication

Visual supports should be an integral part of the life of a student with disabilities, such as autism. They can be used to assist students with:

- * Communication
- * Academics
- * Behaviors
- * Social Skills
- * Activities of Daily Living

Participants will learn how students can function at a higher level and increase their independence through the use of visual supports.

Understanding Cortical Vision Impairment

Participants will investigate Cortical Vision Impairment (CVI), a condition in which the eyes and optic nerves appear healthy, but the individual does not have normal vision or visual perception. The session will also show potential causes of CVI and describe the unique behavioral characteristics. The levels of CVI and ideas for intervention will be shared, along with techniques to adapt the child's environment.