

This edition of Building Bright Futures is focused on how the Center For Learning (CFL) Renovation Project is developing a specially designed space for our Physical Therapy and Adapted Physical Education Programs. Aspire of WNY is uniquely positioned to help those among us who have medical frailties, and the Center For Learning's new Therapies and Phys. Ed area will allow us to expand our commitment and ability to help these individuals. By supporting them with individualized therapies and fitness programs, we can support them as they strive to achieve their fullest potential.



Beneficial physical activity is provided in many forms.

EXPANDED PHYSICAL THERAPY AND ADAPTED PHYS. ED PROGRAMS

How does Aspire support individuals through Physical Therapy?

Many of the students at the CFL have, or are at risk to develop, medical conditions related to significantly impaired movement skills. Addressing these needs is critical in the care provided to the students at the CFL.

Our students participate in daily activities to strengthen them and promote good health. Physical Therapists develop individualized programs that address each student's needs, and are carried out daily by trained PT staff. The programs may include any of the following:

- Supported standing
- Walking with or without support from gait trainers, walkers, suspension devices and treadmills
- Chest Physical Therapy using the Vest Airway Clearance System
- Multi-positioning programs, such as stomach or side lying in custom fabricated equipment made in conjunction with Occupational Therapists and Adapted Equipment Specialists

- Riding adapted bicycles and other adapted mobility equipment

Because of these programs, our students benefit both mentally and physically in the following ways:

- Increased muscle flexibility, strength and endurance
- Stronger bones and weight control
- Prevention of illnesses
- Improved confidence, alertness, and attitude

How will the expanded Physical Therapy benefit CFL students?

Upon completion of the CFL Renovation Project, there will be defined spaces to accommodate state of the art equipment and the room necessary for accommodating the health needs of our students.

- **Track:** Staff will bring students to this space for walking, riding, and stair climbing activities. Walkers, gait trainers, suspension equipment, etc. will be available to address the specific needs of each student.

- **Fitness Room:** Specialized equipment, such as body-weight support devices and treadmills, will be available for students to work on targeted exercise programs that will promote improved endurance and increased strength.

This project allows the CFL to build upon our Wellness Program and our commitment to help our students achieve their physical capabilities and stay healthy, enabling them to more fully participate in school, home and community activities.

What is Adapted Physical Education?

Adapted Phys. Ed (APE) is a program where a certified Physical Education teacher provides specially designed programs of developmental activities, games, sports, and fitness activities suited to the interests and capabilities of CFL students. The APE teacher develops appropriate adaptations and modifications to physical education activities allowing CFL students to successfully

participate in these activities. The benefits of the enhanced physical activity through the utilization of APE include:

- Increased level of attention and participation in all school activities
- Balancing mood to enhance school participation
- Promotes a more active lifestyle with decreased rate of health-related complications
- Development of skills necessary for participation in sports and leisure activities

How will the APE program benefit from the CFL Renovation project?

The new CFL will contain a specially designed new gymnasium with the necessary space and equipment needed to provide essential physical activities that best meet the individualized needs of our students. The APE Gym will be connected to the Physical Therapy Department, allowing the APE teacher to work closely with the physical therapists for more efficient and collaborative communication. Both areas will now have access to the new Track and Fitness areas. This will enable the development and administration of the highest quality programs of physical activities for CFL students.



Left: The ceiling is in place for the new Gymnasium.

Below: The corner panels for the new wing are up.

