



— Volunteers — CIMT 2024

Thank you for
Volunteering

What is CIMT?

What does CIMT stand for?

- Constraint Induced Movement Therapy

Who is CIMT for?

- CIMT was created for people with hemiplegia (weakness on one side of their body), usually due to a stroke

What is CIMT?

- an intervention where clients become more willing to use the affected side during therapeutic activities while their non-affected arm is in a cast



When is CIMT?

CIMT runs for 3 weeks, Monday through Friday. This year, CIMT runs from

July 8th to July 26th

The hours of the camp are 9:00 to 2:00. We ask that volunteers arrive 30 minutes before the camp begins and leave 30 minutes after the camp ends.

If you are unable to be here on a certain day or have an emergency pop up, please notify Becca at rebecca@crosswayacademy.com or Stephanie at stephanie@crosswaytherapy.com immediately.



What does a volunteer do?

A Crossway CIMT volunteer is responsible for assisting one camper during the camp day. Campers will need assistance with feeding, crafts, games, and more.

Please remember that that these campers have casts being placed on their non-affected limb that they are used to doing everyday tasks with. Many of the campers have very limited use of their affected side hands and will require assistance holding objects.

We try to make camp as fun as possible by providing stimulating activities and games for the campers to participate in.

Volunteers will keep track of activities done by the campers on a daily sheet which will be further explained.



Daily Sheets

Each day, the campers will need a Daily Report written by their volunteer helper. The report should be copied in the front office. The original report will be handed to the parent at pick up and the copy should be left in the tray on top of the printer.

Examples to each section following...

CIMT Camper's Name: _____ Date: _____

Volunteer Name		Clinical Observations
Activity	Level of Assistance	
Social skills and regulation	Independent A little help 50% help A lot of help	
Therapy	How did they tolerate OT and PT today?	
Snack and lunch	Independent A little help 50% help A lot of help	
Gross Motor (jumping, throwing, gym)	Independent A little help 50% help A lot of help	
Fine motor activities (craft, drawing, finger/hand use)	Independent A little help 50% help A lot of help	

Modalities received: E-stim Kinesio-taping Fabrifoam FES Bike

Wore child's own hand splint Clinic hand splint Neofect iPad games

Elbow immobilizer Compression shirt/sleeve

Additional Notes:

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Social Skills and Regulation

Activity	Level of Assistance	Clinical Observations
Social skills and regulation	Independent A little help 50% help A lot of help	Danced and made movements using various musical instruments • Played game with peers taking turns

In the Social Skills and Regulation section, volunteers are asked to write a short summary of the campers interactions with their peers, as well as a short synopsis of their abilities to calm themselves when frustrated.

Therapy

Therapy	How did they tolerate OT and PT today?	
		<ul style="list-style-type: none">• Worked on lateral flexion layin supine on belly• Leg exercises while weight bearing on elbows leaning backwards.• Excited throughout session• E-stim placed on right shoulder & forearm.

In the Therapy section, volunteers are asked to write about the activities that the camper participated in during their individual therapy sessions and what their participation level was. Each camper will receive one hour of occupational therapy and one hour of physical therapy per day.

Snack and Lunch

Snack and lunch	Independent A little help <u>50% help</u> A lot of help	<ul style="list-style-type: none">• Ate very well today. Finished snack of chips w/ cheese dip + strawberries.• Used fork with assistance to maintain grasp.• Raised side of tray to ↑ success in scooping food from plate.
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In the Snack and Lunch section, volunteers are asked to record the amount of assistance needed to eat. Help is generally needed to for grip and bringing the food from the plate to the mouth.

During the morning, the campers will be provided with an interactive snack that they will need more assistance with.

Gross Motor

Gross Motor (jumping, throwing, gym)	Independent A little help 50% help A lot of help	<ul style="list-style-type: none">• Play games requiring running, jumping & grasping with peers.• Weight bearing on right side to hit balloon w/ left then alternate.
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In the Gross Motor section, volunteers are asked to indicate what games the campers participated in and what movements were involved within the game.

Gross Motor

Fine motor activities (craft, drawing, finger/hand use)	Independent A little help 50% help A lot of help	<ul style="list-style-type: none">Place items in palm to give ease of grasp.Place items in palm to give ease of grasp. Different to pick up small items when lying flat.<ul style="list-style-type: none">- Held item to side and above her to obtain sustained grasp + elbow extension.
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In the Fine Motor section, volunteers are asked to write about which fine motor kits the camper chose to complete and how much assistance was needed during the activity. Fine Motor includes any games that involve pinching, pointing, gripping, or finger isolations.

Gross Motor

Modalities received: E-stim Kinesio-taping FabriFoam FES Bike

Wore child's own hand splint Clinic hand splint Neofect iPad games

Elbow immobilizer Compression shirt/sleeve

Additional Notes: NO Restroom breaks & I asked every 30 mins

In the bottom section, volunteers are asked to circle any items that the campers used to help them during the camp day.

Generally, the campers use at least one during the day. The additional notes would be specific to any concerns or questions the parents may have had.

Items to Learn About



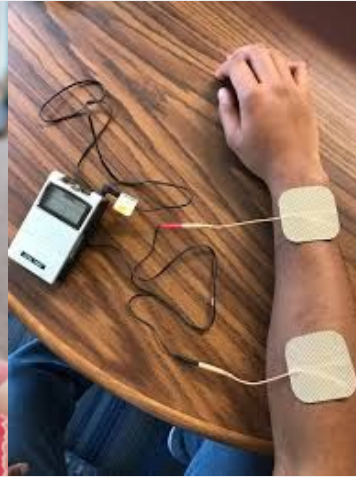
Cast



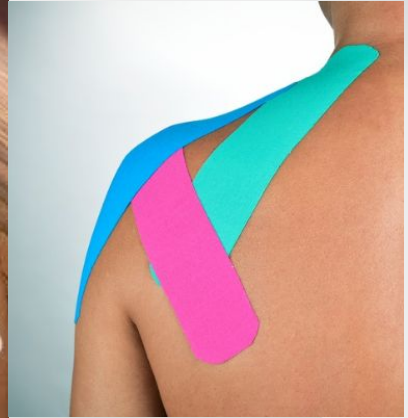
Fabrifoam



Hand Splint



E Stim



Kinesio Tape

Checking Campers In

- Check for camper's lunch
- Check for diapers, toileting needs, and sanitary items (if needed)
- Double check with parent/guardian for any dietary needs/food allergies
- Check for camper's casting materials if they previously took any home
- Check for camper's extra set of clothes
- Check for any equipment needs (i.e. hand brace, elbow brace, splints, etc.)



After Camp Clean Up

- Trash bag disposal
- Vacuuming
- Clearing the floors of toys and equipment
- Wiping down toys, tables, and chairs
- Stacking chairs
- Washing dishes
- Organizing casts for the following day
- Organizing sensory containers, fine motor kits, and shelves.



We ask that volunteers help clean the last room they were in to make sure the clinic stays in top condition throughout the camp.

Volunteer Hours and Recommendations

Each week of CIMT would earn the volunteer 30 hours. We give out certifications of hours on the last day of camp. Volunteers that complete the entire camp will earn 90 volunteer hours.

Recommendation letters for OT or PT school can be requested at the end of camp.



Contact Information

Stephanie: stephanie@crosswaytherapy.com

Becca: rebecca@crosswayacademy.com
(828.406.2701)

Pictures can be taken during camp, but please do not upload any images of the campers onto social media. Pictures of the campers can be uploaded onto the google photos shared album to be added into the end of camp slideshow. The album link will be emailed to you at the start of camp.

