

# THE INTENSIVE HOME PROGRAM OF THE REACH FAMILY INSTITUTE

## Frequently asked questions:

### 1) What is the Home Program?

The Home Program of The REACH Family Institute is a comprehensive, individualized program of accelerated brain development, taught to parents, and designed to meet the needs of children and young adults with developmental difficulties. As the name implies, the parents carry out the program in their home.

### 2) Does my child need to have a diagnosis? How do I know if he/she is a candidate for the Home Program?

Any child who is functioning below age level, regardless of diagnosis, is eligible for the Home Program. Rather than focus on the specific diagnosis, we focus on the child or young adult's current level of function and on what we can do to accelerate the process of brain development.

### 3) What children can benefit from the Home Program?

Since the program is designed to improve brain function, all children can benefit from the program. All children with developmental delays can benefit from the Home Program regardless of their diagnosis. We see children with difficulties that range from profound brain-injury to mild learning difficulties. Children come with many diagnoses - Coma, Brain Injury, Cortical Blindness, Cerebral Palsy, Mental Retardation, Down Syndrome, Autism, PDD, Asperger's Syndrome, Dyslexia, Learning Disability, ADD/ADHD, etc.

### 4) At what age can I start the program?

The younger you start the better. We work with children and young adults, from newborns to the mid-twenties. All parents of children with developmental difficulties understand that every day that their child is not improving he/she is actually getting worse because the gap between them and their peers keeps getting bigger. So the younger we start the better.

### 5) At what age is it too late?

Although it is best to start as young as possible, it is never too late to improve brain function. Of course, with an older person there are challenges that we don't have with children, and this makes it more difficult to accomplish the program, But it is always possible to do something and most often we can achieve important changes.

### 6) What does the Home Program involve?

The Home Program looks at every child or young adult as a whole. It focuses on the development of the human brain and takes advantage of the basic principles of nature that govern brain development. Every child or young adult receives a program with at least some of the following components - sensory stimulation, intellectual stimulation/development, brain organization, physical/motor development, sensory integration, vestibular stimulation/development, and a physiological program dealing with nutrition, breathing, and adequate light exposure. When appropriate we will also refer parents to other professionals.

7) How long does it take to do the Home Program?

This varies from child to child. As each program is individualized, there is no set amount of time. It can range from 30 minutes to 6 hours. The time required depends primarily on the severity of the problem and age of the child.

8) Is the Home Program hard to do?

It is not hard to do but it requires dedication. One parent must make the program a priority to ensure that it is done on a daily basis. The program can be a lot of fun and should be done with joy and enthusiasm. The more enthusiastic a parent is, the more the child will enjoy it, and the easier it will be to accomplish the program.

9) How many days a week does the child do the Home Program?

5 to 6 days per week. Again, this depends on the severity of the child's difficulties. Often, we start with a 6 day per week program and then decrease to 5 days per week according to the child's progress.

10) Can I do the Home Program by myself or will I need help?

This depends on the type of activities in your child's program. In some cases, parents need volunteers to help them do certain activities. In many other cases, parents can do the program alone.

11) What results can I expect to achieve with my child?

Our goal with every child we see is to enable that child to reach his or her highest potential. Our expectation with every child we see is to make a significant difference in his or her life. This change can take many forms. We have seen many children who could not move, develop mobility and eventually learn to walk; children who started with no understanding who can now follow sophisticated conversations; children who had severe difficulties learning who are now in regular school; children who started cortically blind who can now see. These are examples of results that families have achieved with their children through our Home Program. Unfortunately, we cannot predict in advance what changes any particular child will achieve. As the brain is very complex and every child is different (even those given the same diagnosis) we can not guarantee what changes you will see. Nonetheless, the vast majority of the children we work with change in significant ways.

12) How will the Home Program affect my other children?

It all depends on how you present it to the other children. If your children are very young, it is best to have them join in on the activities. They will benefit enormously because it will ensure good brain development. If they are older, you can occasionally have them help with the program. Children love to know that they are contributing. It makes them feel good to know that they are a part of their sibling's development. The smartest, kindest, most good-hearted children we know are the brothers and sisters of children on our Home Program.

13) For how long do I have to do the Home Program?

The amount of time a child will stay on the program depends on many factors. In order to be fair to the Home Program and to the child, we believe that parents should commit themselves for a period of 2 years when joining the program. They make this commitment to themselves. At the end of the 2 years they should analyze the child's progress and decide if they want to continue. In some cases, after two years the child no longer needs the program. Most families stay on the program for at least four years. A family is free to stop the Home Program at any time.

14) How does the Initial Consultation work?

Prior to coming for an Initial Consultation all families must attend our 1-day intensive workshop, "How to Unleash Your Child's Hidden Potential". The Initial Consultation takes 2 consecutive days. The purpose of the first day is for us to learn about the child. We take a complete developmental history, take physical measurements, perform a functional evaluation of 6 areas of function (Vision, Hearing and Understanding, Tactile Ability, Mobility, Language, and Manual Ability), and then discuss our findings with the parents. The second day is a day of lectures for the parents. The purpose of this day is to give parents a good understanding of brain development and the philosophy of the program. This is when we teach the why of the program. The purpose of the third day is for the parents to learn what to do with their child specifically. On this day we teach in detail the what, how, and when of the individualized program that we design for their child.

15) How often do you see the children after the initial visit?

Every 4 months during the first year and, most often, every 6 months thereafter. This may vary according to the child's needs and the distance that the family is traveling.

16) How do the Revisit Consultations work?

Revisit Consultations take place over two consecutive days. On the first day, we take a history to find out what has happened since the previous visit. We then perform a functional evaluation of 6 areas of function (Vision, Hearing and Understanding, Tactile Ability, Mobility, Language, and Manual Ability) and take physical measurements. At the end of the first day, we discuss the child's progress with the parents. Parents also bring a DVD of their child doing the program at home. After the parents leave, we meet to watch the tape and to design a new program. On the second day, we return the DVD to the parents along with our comments, and teach the new program.

17) What happens between visits?

Parents are encouraged to stay in close contact with us whenever they have questions or problems. Parents can reach us by email, telephone, or regular mail at no extra charge.

18) How much do the consultations cost?

The Initial Consultation (3 days) costs \$1,250.00. The Revisit Consultations (2 days) cost \$850.00.

19) Do the fees for consultations cover hotel expenses? No.

20) Does medical insurance cover the consultation fees? No.

21) Who pays for the consultation?

The parents are responsible for their child's consultation fees. All consultation fees are due and payable at the consultation. A deposit is required in advance to reserve all appointments.

22) What if we can not afford to pay for the consultation?

The REACH Family Institute is committed to helping all children regardless of the level of income of their parents. In fact, every family on our Home Program receives some financial assistance because of the financial sacrifices of the staff. Nevertheless, we understand that not everyone is able to afford even our modest fees. If you need assistance please feel free to inform us. We will provide you with a financial aid application. If you qualify for assistance and we have the funds, we will be happy to help. Please note that

financial assistance starts after the first visit as we reserve it for families that have demonstrated a commitment to working with their children at home.

23) Who finances the REACH Family Institute?

REACH is financed through consultation fees, private donations, corporate grants and donations, and foundation grants. We receive no government assistance.

24) Where do the consultations take place?

Consultations take place at the headquarters of the REACH Family Institute in Medford, Oregon. We serve families from all over the Pacific Northwest as well as many other states.

25) Where do families that come from far away stay during their visits?

Most families stay in local hotels. We provide families with information on hotels in or near Medford. After the Initial Consultation, if a family has financial need, and prefers to stay in the home of a local family, we try to find host families for them. This is only possible after the Initial visit and we can not guarantee that we can find host families for all that request them.

26) How do we get to Medford?

You can drive or fly. For those who drive, Medford is conveniently located just off Interstate 5 in southern Oregon, about 25 miles from the California border. For those who fly, the Medford airport is located just north of Medford. From the airport, you can get to Medford by rental car, taxi, or hotel shuttle.

27) How can I schedule an appointment?

You can request an appointment by e-mail ([admin@reachinstitute.org](mailto:admin@reachinstitute.org)), by telephone (541-488-3700), or by mail (The REACH Family Institute, P.O. Box 4396, Medford, OR 97501 USA).

28) How soon can I get an appointment?

Because of our international travel schedule this depends on the time of year. Sometimes a family will need to wait at least 3 months, sometimes less. Appointments are given on a first-come, first-served basis. We will schedule your child as soon as possible.

We hope this answers all of your questions. If you have any further questions please feel free to contact us. We hope to see you and your child in the near future.

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