



# Young Adult Program

**MISSION:** To provide our young adults with the right conditions in which they can:

1. Learn to sustain regulation
2. Learn to develop true friendships
3. Learn to become more independent individuals
4. Learn to benefit from community activities
5. Learn to develop hobbies
6. Learn to enhance their communication skills

**These conditions will be the building blocks towards developing employment opportunities.**



At our facility, we specialize in working with individuals who present with moderate to severe apraxia. We recognize that these individuals' profiles are unique and challenging. These profiles require a full understanding of the intrinsic relationship among motor, vestibular, visual, and auditory systems. Every individual's plan requires us to be focused on the **RIGHT** – optimal skills in order to foster synchronization of their Central Nervous System.

These areas of the program are **KEY** to achieving successful outcomes. Our first and most important area of our program is the **Synchronization of Systems**. An organized body leads to a less anxious, and happier individual.



# INDEPENDENCE SKILLS DEVELOPMENT

The young adult program heavily focused on fostering INDEPENDENCE. At our facility, endless scenarios are orchestrated where individuals MUST learn to complete tasks independently. This second area of our program refers to **Independence Skills Development**. In order to execute functional tasks independently, tasks MUST be carefully selected and the teaching process has to be meaningful.

## COMMUNITY INCLUSION

Our program includes **Community -Inclusion**. At our facility, individuals have the opportunity to engage with establishments in our neighborhood. They are taught the motor, communication and sensory skills needed to successfully enter the establishments in a functional organized manner. The participating establishments' owners have had the opportunity to work with ITG and they have learned to not only welcome our young adults as respected individuals in our community. Our Community Inclusion- Skills Program involves not only teaching our students the right skills but also providing the community with the necessary tools needed achieve successful interactions.



## SOCIAL SKILLS

Another area of our program focuses on enhancing their social abilities. We refer to this area as: **Fostering Friendships**. At ITG we believe that you cannot enforce use of social skills. These social skills are developed in small increments. We have learned to create scenarios where our young adults learn to interact with others because they have developed the necessary social skills needed to help them accept and engaged with diverse sensory profiles. Our intervention plan includes: spatial awareness, auditory and tactile tolerance, sharing common space, just to name a few.

Spatial AWARENESS  
AUDITORY AND TACTILE  
TOLERANCE



SHARING COMMON  
SPACE

**HOBBY SELECTION**

Many of our young adults have never developed “ healthy” balanced hobbies. Lack of volitional control of their motor skills have prevented or hindered their ability to learn a hobby to have an “outlet” for comfort and healthy downtime. At ITG, we promote development of Hobbies by tapping on motor skills that are suitable to their profiles. Our **Hobby- Selection Program** is another area that also caters to their sensory – motor and emotional profiles. Multiple trips to trails (hiking), and basketball courts are regularly scheduled. These activities are often done in-group settings to also foster much needed social skills.

COMMUNICATION  
ENHANCEMENT



As we all know, many of individuals diagnosed with autism as well as apraxia encounter significant communication challenges. For this very reason **Communication Enhancement**- is crucial at ITG. We strongly believe that every individual deserves the right to use their voice, especially, with gross motor, fine motor, and visual systems have been impacted with apraxia. Functional use of electronic devices can often be extremely difficult, therefore; use of their voice (accompanied by gross motor movements) has proven to be more reliable. Daily activities focusing on strengthening oral mechanism, receptive and expressive language skills are common at ITG.

FOR MORE INFORMATION [www.integratedtherapeuticsgroup.com](http://www.integratedtherapeuticsgroup.com)  
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