

Sara's Garden strives to provide hope to families by offering a different approach to a brighter future.

Conductive Education (CE) is an intensive and holistic approach to educating individuals with neuromotor disabilities. Developed by Dr. Andras Peto in the 1940s, the aim of CE is for the motor disabled individual to achieve "orthofunction" – adapting to and functioning in his/her environment. CE combines physical activity with cognitive tasks, emphasizes communication, and places the individual in a group setting which maximizes active learning.



A CE program includes a structured and consistent Daily Routine which allows individuals to become comfortable and learn faster. A CE Daily Routine includes all aspects of an individual's life, and is set up toward the achievement of group and individual goals. A CE Daily Routine

generally includes programs focusing on the development of gross and fine motor skills, balance, coordination, and self-care skills (toilet training, self-feeding, hand-washing), all while working toward cognitive, social, emotional, and speech/language development.

CE generally works with those individuals who have motor skill disorders such as cerebral palsy (CP), however CE is also beneficial for those with spina bifida, Multiple Sclerosis, Parkinson's Disease, stroke, and traumatic/acquired brain injury. Candidates for CE should be able to show basic cognitive skills and should show signs of understanding and following verbal communication and simple instructions.



Sara's Garden will provide quality health and health education services to those who are underinsured, medically limited and/or financially unable to acquire services.

Sara's Garden

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CE at Sara's Garden

Currently Sara's Garden offers CE programming for children up to age 16.

The following groups are currently offered:

- **Early Childhood**
Approximate age 2 to 5 years old. This group focuses on all aspects of the child's development: social, emotional, speech / communication, cognition, and mobility.
- **School Age**
Approximate age 6 to 12 years old, who are not yet using a walking aid. This group focuses on the improvement of social, communication, and gross motor skills.
- **After School**
Approximate age 8 to 16 years old, who are already using a walking aid of some kind or walking independently. This group focuses on social and physical growth as children work to achieve further independence at home and school.
- **Academic Enhancement Program**
This group is for children who attend class in the CE and school settings, and who require more time, individualized attention, and/or smaller class size to reinforce and/or accelerate their academic skills. Regular communication and interaction between the Conductor-Teacher, classroom teacher, and family will be critical to the child's success in this program. This program will be lead by a Conductor-Teacher who is a qualified elementary and special education teacher.

Programming for adults is also available upon request.

Groups may be added based on need and availability of staff.

"The atmosphere of conductive education is an atmosphere of expectation, which is worth its weight in gold. Since it builds the abilities of the child, it ensures him a richer life. ... We are so grateful that we have a conductive education program. It has significantly impacted our lives and hopefully the lives of others."

HOPE. HELP. HEALING.