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**J. D. McCarty Center**  
for children with developmental disabilities

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# We are Oklahoma's center of excellence



The McCarty Center is where parents find some relief from their overwhelming responsibilities through our respite program.

And, the McCarty Center is where parents find hope - hope in the smile on their child's face.

Established in 1946, the McCarty Center treated just one thing - cerebral palsy. Today we've treated more than 100 different diagnoses in the developmental disability category. Since 1946, we have evolved into Oklahoma's center of excellence in the care and treatment of children with special needs.

The McCarty Center is Oklahoma's center of excellence in the care and treatment of children with developmental disabilities.

As a pediatric rehab hospital, the McCarty Center specializes in complex cases of developmental disabilities. We are the only hospital of our kind in Oklahoma.

At the McCarty Center we help children with developmental disabilities learn to move, eat, play and communicate better. We offer a positive environment where children are encouraged and empowered.

Our staff shares a wealth of experience and uses the most current rehabilitation techniques to bring out the best in our kids.





Children who come to our hospital are evaluated and treated by a team of pediatricians and pediatric specialists; physical, occupational and speech-language therapists; a dietitian, registered nurses and LPN's; a pediatric psychologist; and direct care specialists who focus on discovering what the child can do, rather than what the child cannot do.

Everything we do at the McCarty Center is about two things: creative problem solving and adaptation. Our staff works to creatively solve some of the challenges that stand in the way of patients and then adapt the tools and their environment so they can achieve their highest level of independence and functionality.



We focus on the  
“can do,” not  
the “can’t do”

The kids that come to us for treatment face big challenges that may begin at birth and usually continue throughout their lives.

We may not be able to eliminate these challenges, but we can help find ways to meet and overcome them.



# McCarty Center services

The McCarty Center offers a wide variety of therapeutic and medical services and clinics for inpatients and outpatients. Our services include:

## Therapeutic services:

- Physical therapy
- Occupational therapy
- Speech-Language therapy
- Alternative/augmentative communication
- Psychological services
- Nutrition therapy and counseling
- Aquatic therapy
- Sensory integration
- Independent living training
- Family training
- Feeding and swallowing disorders
- Neuromuscular electrical stimulation therapy
- Therapeutic listening
- VitalStim® therapy



## Medical services:

- Pediatrician
- Pediatric orthopedics
- Pediatric ophthalmology

## Clinics:

- Wheelchair seating and mobility
- Orthopedic
- Vision
- Neurology/behavior



## Other services:

- Home computer program for therapy at home
- Overnight respite care
- Contractual services for DDSD and early intervention
- Teletherapy services to rural Oklahoma
- IEP-related services to schools
- Training of school personnel

## Therapy groups:

- Animal therapy
- Creative play
- Life skills
- Story time
- Sensory play
- Gross motor
- Cooking
- Crafts
- Aquatics
- Yoga
- Social language group

# Unique inpatient services

## Comprehensive inpatient evaluation

This is the McCarty Center's most intensive service. A team of health care professionals evaluate your child. That team includes a pediatrician, a therapist from each therapy discipline, a nutritionist, a nurse, a psychology clinician and social worker.

The team teaches treatment techniques to the family and assists in coordinating the child's care.

The length of stay at the McCarty Center depends on each child's needs and how quickly the child reaches his or her therapy goals.

If your child attends school in your home community, he or she won't miss any school while at the McCarty Center for treatment.

The McCarty Center has full-time special education on the hospital campus. Special education teachers are provided by the Norman Public School System.

## Independent Living

Some children with special needs are capable of living on their own or independently with some assistance. In order for them to do that they've got to learn life skills.

The McCarty Center's independent living program is designed to teach older teens the skills they'll need to live on their own.

Teens in the program are taught how to cook, handle housekeeping chores,

do laundry, manage money and obtain transportation and other services they'll need to survive on their own.



## Respite care

This service is designed to give parents needed time off to take care of themselves or other family members, tend to family business, take a vacation or just relax.

The respite program is intended to relieve stress and help preserve the family.

Children in respite care can stay at the McCarty Center for a total of 7 days one time per year.

While in respite care, our nursing staff and direct care specialists provide care for your child around the clock.

Children in respite do not attend school or receive therapy while they are here, but do participate in recreational activities, including field trips.

The respite program is primarily funded by a federal grant. Most families will pay nothing, or only a small co-payment per day.

# Your child's treatment team

## Pediatrics

A board-certified pediatrician monitors each child and leads the treatment team. These pediatricians are very experienced in the care of children with special needs.

Attending physicians are:

- Eileen Fox, MD
- James Fields, MD
- Thomas Thurston, MD



## 24-hour nursing care

The watchful eyes of our nursing staff follow the children 24 hours a day to make sure they stay happy and healthy during their admission. A registered nurse teams up with the therapy staff to develop a care plan for each child. The nursing staff and direct care specialists provide the following services 365 days a year:

- Physical and functional assessment
- Patient and family education
- Development of self-care skills
- Development of extremities to increase or maintain function
- Evaluation of progress
- Prevention of complications
- Assistance with transition into community living



## Social services

The social worker or case manager is the family's direct line to the treatment team during their child's admission. Each social worker provides counseling, locates community resources or financial resources and helps coordinate team meetings. The social worker also conducts a social assessment and supports the family throughout the program. The program includes:

- Ordering and obtaining adaptive equipment
- Child and family social assessment
- Individual or group counseling
- Information and referral
- Education of patient, family, public and community
- Support groups
- Case management
- Liaison activities between the treatment team, family and community
- Discharge and after-care planning

# Your child's treatment team

## Physical therapy

Our licensed physical therapists help children overcome neuromuscular deficits with exercise, handling techniques and adaptive equipment. All children are encouraged to learn transitional skills and mobility at their highest level of independence. The program includes:

- Evaluation of movement dysfunction
- Splinting
- Gait training
- Adaptive equipment evaluation and use
- Aquatic therapy
- Cardiovascular endurance training
- Balance, coordination and reflex development
- Joint mobility and flexibility
- Muscle strengthening
- Developmental activities/gross motor skills (rolling, crawling, kneeling, etc.)
- Post operative care
- Serial Casting
- Community mobility training
- Therapeutic exercise
- Posture analysis
- Treatment or prevention of physical deformities
- Pain management
- Wheelchair training



## Occupational therapy

Occupational therapists use purposeful experiences to help children improve motor, cognitive, self-care, social and independent living skills. Therapists network heavily with parents, teachers, other health care professionals and the community to develop programs in the child's hometown and to educate all parties about the needs and rights of each child. Since independence is the main goal of many patients, therapists begin teaching the basics of independent living when the child and family show interest. The program includes:

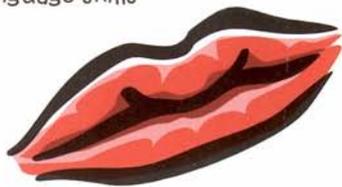
- Self-care
- Sensory motor activities
- Perceptual motor coordination
- Oral motor and feeding skills
- Prevocational skills
- Post operative muscle re-education
- Adaptive equipment/splinting
- Specialized seating
- Cognitive skills
- Daily living and independent living using an on-site apartment
- Fine and gross-motor activities
- Vocational abilities
- Functional movement
- Psychological activities and leisure interests
- Sensory integration

# Your child's treatment team

## Communication disorders

Pediatric speech-language pathologists assess and treat children who have communication and swallowing disorders. Each therapist has specialized skills treating a wide range of abilities from children who are non-verbal to children who have social language difficulties, as well as children who are ready to be transitioned from alternative feedings. Each child receives an individualized, comprehensive assessment that identifies specific recommendations for the child and his or her family at discharge. The program includes:

- Receptive and expressive communication
- Augmentative communication
- Literacy skills
- Oral motor skills
- Feeding and swallowing
- Speech fluency
- Hearing screenings
- Social language skills



## Adaptive recreation

The recreation program uses fun activities to teach kids how to socialize with peers and adults, as well as members of the community. This provides physical activity, psychological benefits and socialization opportunities. Recreation offers something for everyone at the hospital. The program includes:

- Leisure skills: vocal/instrumental music, hobbies, painting or ceramics
- Animal therapy
- Outdoor education: gardening, horticulture, horseback riding
- Community re-entry outings featuring field trips to local attractions and sporting events
- Children's library

# Your child's treatment team

## Nutritional services

Proper nutrition enables your child to grow at the expected rate, learn, build immunity to infection and maintain a good energy level.

A registered and licensed dietitian delivers quality food and nutritional care to your child. Special considerations are given to your child's oral-motor skills, medical condition and activity levels. The following services are provided:

- Nutritional screening
- Modified diet evaluation and processing of diets
- Individualized patient/family education and counseling
- Evaluation and monitoring of enteral and parenteral feedings
- Nutrient intake analysis



## Psychological services

Our clinical psychologist, psychometrist and psychological clinicians evaluate your child to find out how his or her cognitive abilities affect behavior and education. The McCarty Center is unique because all therapy, nursing and education staff can assist the psychological department in implementing custom behavior plans throughout the entire day. The program includes:

- Evaluation of intellectual and adaptive functioning
- Family consultation, therapy, support, education and training
- Behavior evaluation
- Behavior plans
- Evaluation of psychological and psychosocial status
- Individual and group therapy
- Referral to community resources



# Related services

## Contract therapists

The McCarty Center will contract with school districts to provide therapy services at schools.

Since 1996, this program has worked well to help schools meet federal requirements to provide therapy services for students with special needs.

For more information, school officials should contact Cindy Lewis. You will find the telephone number under the heading "contact information" on the back cover of this brochure.



## Teletherapy

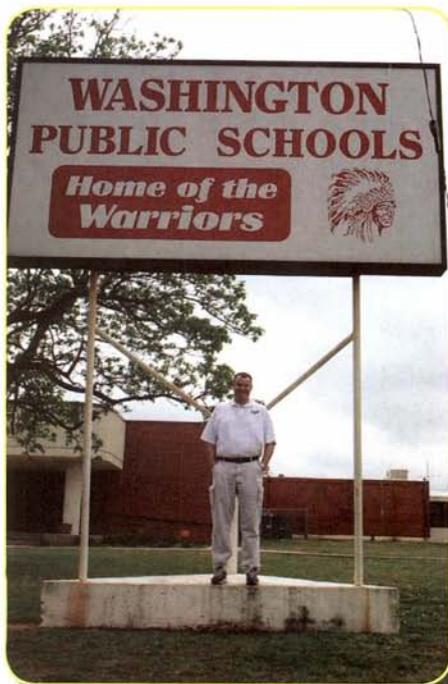
Using the latest in Internet technology, the McCarty Center can provide physical, occupational, speech and language therapy and counseling services to children throughout Oklahoma.

The McCarty Center pioneered the use of teletherapy in Oklahoma beginning in 1996.

Using a two-way, live, interactive video system, our therapists and counselors can provide services to anyone with access to a broadband Internet connection.

Teletherapy has been particularly helpful to schools that are in remote rural areas and face challenges in recruiting therapists to the area to meet IEP guidelines.

For more information, school officials should contact Cindy Lewis at the number listed under "contact information" on the back cover of this brochure.



# Volunteer opportunities



## Volunteer ideas



- Lead a karaoke night
- Host a seasonal or holiday dance
- Host a seasonal or holiday carnival
- Help kids train for the Special Olympics
- Performances
  - Cheer squads
  - Bands (marching and stage groups)
  - Magic shows
  - Medieval fair entertainers
  - Storytellers
  - Choirs
- Help with fundraising events
- Be a Camp ClapHans summer camp volunteer. Camp ClapHans is anticipated to open in the summer of 2012.



As a volunteer, do not underestimate the value and power of your contribution to the McCarty Center.

Volunteers are used in a variety of ways, and we're always looking for better ways to utilize volunteers. Individual volunteers help out in various departments doing things like clerical work, inventory, answering phones for nurses, working with therapists, reading to the kids and much more. The minimum age for an individual volunteer is 16.

Volunteer groups help with large projects around the hospital and host activities for our patients like carnivals and dances.

To find out more about how to become a McCarty Center volunteer, visit our website at [www.jdmc.org](http://www.jdmc.org), or call the hospital at 405.307.2800 and ask to speak with the volunteer coordinator.



# Contact information

## Address:

2002 East Robinson Street  
Norman, Oklahoma 73071

## Website:

[www.jdmc.org](http://www.jdmc.org)

## Telephone:

Main number: 405.307.2800  
Fax: 405.307.2801  
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## J. D. McCarty Center

for children with developmental disabilities



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