

## Why Choose Birmingham, Alabama?

There are many reasons why our returning families love calling Birmingham their home away from home, including affordability, good weather, and the family-centered atmosphere.

Birmingham has been named one of the Top 10 Most Budget Friendly Metros, and is home to a wide variety of family fun activities for all ages.

Many families enjoy taking mini-vacations on the weekends to visit Alabama's white-sand beaches, historic Tennessee, get a taste for cajun and creole food in Mississippi and Louisiana, or visit the Atlanta Braves or Aquarium in Georgia.

# IOT's Q&A

## What is constraint therapy?

Intensive Occupational Therapy (Pediatric CIMT) utilizes constraint of the uninvolved upper extremity while focusing on the functional use and strengthening of the involved upper extremity through repetition and concentration on each child's unique therapeutic needs. Each child will be fitted with a univalve cast that is fabricated especially for him or her. The cast will be placed on the child's functional upper extremity to allow for focused therapy and movement of the weaker arm and hand.

## Who is eligible?

Any child with a neuromotor disability. Other requirements include, having no serious uncontrolled seizure disorders, and be medically stable at the time of treatment. We treat children aged 14 months to 18 years, with a variety of neuromotor disorders such as cerebral palsy, hemispherectomy, hydrocephaly, pediatric stroke and traumatic brain injury (TBI). Our clients come from all over the globe to participate in this unique program.

## Where is the treatment administered?

Whenever possible, treatment will take place in the child's natural environment. For the month, this may include the home, temporary residence, school, playgrounds, childcare center or a relative's home. Living expenses are not included in the total treatment cost, but we are able to give recommendations to families not familiar with the area.

## What is the cost of the program?

For information regarding pricing, contact us at 205-975-0466. We currently do not bill insurance but have an insurance advocate on retainer who works with our families to help with the insurance reimbursement process. We advise you to understand your child's insurance coverage and contact your insurance company and our insurance advocate to guarantee coverage. Other options to consider are fundraisers, donations, and applying for medical grants. All other expenses are at the responsibility of the parents/guardians.

