

Building an Answer...

Campaign for the New Therapeutic School
and Center for Autism Research

Providing an Opportunity for Independence

Phase Two Case Statement Warm-Water Therapeutic Pool, Gymnasium and Fitness Center

In the United States, over one million individuals live with autism making it more prevalent than Down Syndrome, childhood diabetes and childhood cancer combined. The Center for Disease Control estimates that an average of 1 in 100 children in the United States has an Autism Spectrum Disorder, yet currently there is no cure and the cause remains unknown. Every day, tens of thousands of families struggle to find services and much needed assistance to help their children and loved ones living with autism.

Easter Seals Metropolitan Chicago is a national leader in providing cutting edge services and progressive educational opportunities to children, adolescents and adults living with autism. Easter Seals Metropolitan Chicago operates high quality educational and therapeutic programs to individuals living with autism and other cognitive disabilities in Northern Illinois through specialized therapeutic schools located in Chicago, Tinley Park and Rockford. The organization is proud to serve more than 30,000 clients annually with a wide variety of services throughout Northern Illinois. However, with a growing rate of diagnosed cases of autism, more is to be done.

Easter Seals Metropolitan Chicago is in a Capital Campaign to complete a new, state-of-the-art Therapeutic School and Center for Autism Research campus. Located in the heart of the Illinois Medical District, the School and Center serve both children and adults with disabilities in Chicago and acts as a worldwide leader in research and services for people living with disabilities. **In order to complete the Capital Campaign, Easter Seals Metropolitan Chicago needs your help!**



Easter Seals Metropolitan Chicago
1939 West 13th Street • Chicago, IL 60608
www.eastersealsandautism.com

Providing an Opportunity for Independence

Leaders in Providing Services for Individuals with Disabilities

For over 85 years, Easter Seals has been providing services and support to children and adults, as well as their families, living with disabilities. More than a generation ago, Easter Seals was front and center during the polio epidemic, working tirelessly to help children and adults with polio gain the skills they needed to live independently through medical rehabilitation and various therapies. **Today, Easter Seals is the country's leading provider of services for people with autism.**



Over the last 20 years, the United States has seen a dramatic increase in the number of people diagnosed with autism. Many families are living with autism today and there is an urgent need for increased funding, services and support. According to the Mayor's Office for People with Disabilities, there are more than 500,000 individuals with disabilities who live and work in Chicago. Among children ages six to fourteen, one in eight has some type of disability.

Easter Seals Metropolitan Chicago offers a wide range of programs, including: specialized therapeutic schools for children with autism, emotional behavior disorder and/or severe learning disabilities; early intervention; occupational, physical and speech therapies; inclusive child care; specialty clinics; adult job training and job placement programs; inclusive daycare, after school and outreach programs.

Providing Hope for Families Living with Autism Today

While there is no known cause or cure, nor one single effective treatment – autism is treatable. People with autism, at any age, are capable of making significant progress through personalized interventions and therapy. They can and do lead meaningful lives!

Easter Seals Metropolitan Chicago's goal is to be a global leader in autism services. It is setting the standards and has plans for other facilities around the world to provide an opportunity for independence to individuals living with autism.

To achieve the goal of becoming a global leader, Easter Seals Metropolitan Chicago is building a state-of-the-art Therapeutic School and Center for Autism Research campus. Phase One of the Capital Campaign was completed in May 2008 with the opening of the Therapeutic School, which currently serves over 120 students living with autism every year. Phase One was completed with \$18 million being raised.



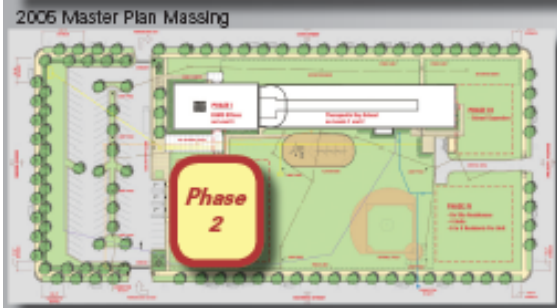
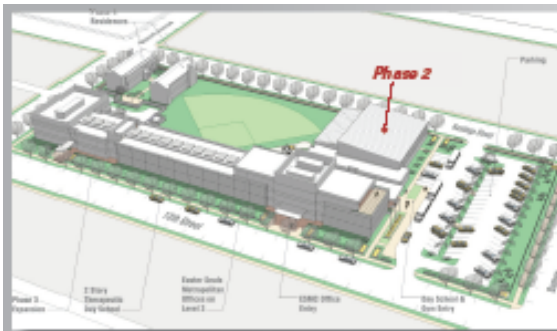
Currently, ESMC is raising funds for Phase Two of the Capital Campaign and we need your help!

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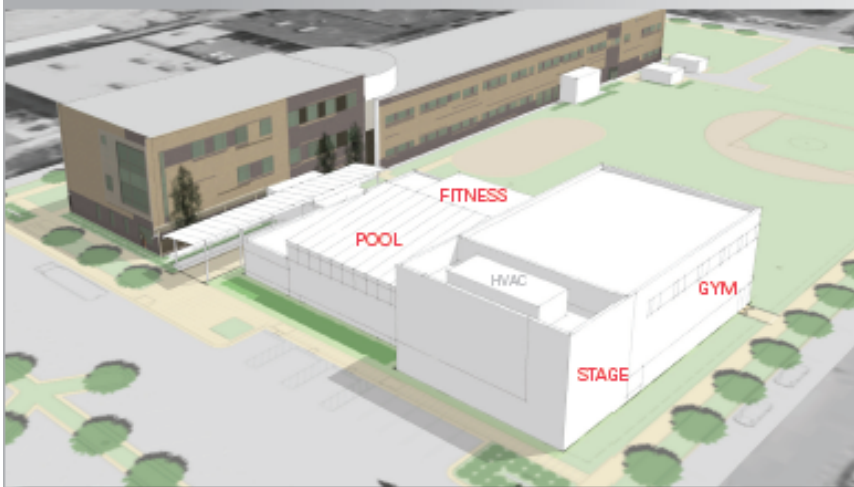
Phase Two – Therapeutic Warm-Water Pool, Gymnasium and Fitness Center

Phase Two is well underway and involves raising funds for a 13,500 square-foot facility which will include a warm-water therapeutic pool, gymnasium and fitness center. The estimated cost of Phase Two is \$8 million.

Recreational therapy can and often does play a primary role in enhancing the quality of life and productivity of a child living with autism. Many of the Easter Seals Metropolitan Chicago students do not have access to a health and wellness facility. According to the American Therapeutic Recreation Association, recreational therapy offers individuals with disabilities the opportunity to resume normal life activities and to establish or re-establish skills for successful social integration.



Phase 2 Location



2009 Phase 2 Massing Diagram

PHASE 2 DESIGN SUMMARY

- **Reduced Building Area**
 - 18% Area Reduction from 2005 Program
- **Gymnasium with Stage**
 - Similar to ICRE
 - 54'X35' Basketball Court
 - 10' Wide Perimeter Running Area
 - Equipment & Moveable Bleacher Storage
- **Flexible Pool Size**
 - 42'X20' (approx. 1/2 standard length)
 - Steps & Wide Deck Area
 - Oversized Changing & Shower Areas
- **Large Fitness Room**
 - 40'x28' plus Storage Room
 - Accommodates Equipment / Gatherings
- **Lobby Connection to Phase 1**
- **Playground Access**

AREA SUMMARY	
Pool Area	2300
Pool Equipment Room	230
Pool Storage	120
Gym	4140
Stage	870
Gym Storage	500
Male / Female Locker Rooms	950
Exercise/Weight Room	1070
Exercise Storage	100
Pantry/Kitchen	100
Electrical Room	110
Entry Lobby Phase1-2	520
Net SF Total	10810
20% Circulation Factor (approx)	2500
GSF Total	13500

The benefits of aquatic therapy are astounding, especially for individuals living with a disability. Benefits to warm-water aquatic therapy can include:

- Increases joint mobility, helping to increase flexibility and range of motion
- Improves muscle strength, tone, endurance and tolerance of activity
- Improves circulation and respiration
- Assists in the relief of pain and muscle spasms
- Provides opportunities to address both gross motor and fine motor skill development through a variety of water activities
- Helps to improve and maintain fitness; many children living with autism are overweight
- Provides a venue for students to participate in both competitive and developmental Special Olympic swimming events; Easter Seals has an on-site Special Olympics swim coach

In order to provide a comfortable aquatic environment for children with autism, there are specific design requirements for the pool including the temperature of the water (92-94 degrees), non-chlorine specifications, hydraulic lifts for non-ambulatory students to enter and exit the pool as well as a safety railing around the entire pool, specific water depths and jets. Additionally, a warm-water therapeutic pool provides a safe environment, which not only supports the children, but also provides them with hydrostatic pressure that surrounds their body in the water. This pressure actually soothes and calms the children, providing the necessary sensory input they crave.



The key benefits of the gymnasium and fitness center include:

- Provides an on-site space to implement Individualized Educational Plan goals such as exercise goals, occupational therapy goals and behavior modification programs
- Offers a structured environment with access to a variety of appropriate leisure/recreation activities including basketball, exercise groups, weight training and social activities
- Allows for an environment for occupational therapists to implement therapeutic and gross motor activities
- Provides students with an avenue to channel excessive energy, helping to reduce the “urge” to exhibit inappropriate behaviors

Help Provide an Opportunity for Independence

It is through the support of individuals, businesses, foundations and city, state and federal governments that Easter Seals Metropolitan Chicago was able to secure funding to complete Phase One. The City of Chicago – recognizing the urgent need to provide services to children and adults living with autism spearheaded Phase One (the building of the Therapeutic School) by donating the land for all four phases.

Your contribution to Easter Seals Metropolitan Chicago and its Capital Campaign to complete Phase Two of the Therapeutic School and Center for Autism Research campus will help change lives and make a difference for the individuals and families living with autism. Together, with your help, we can change lives and make a difference today.



Board of Directors (counter clockwise): Claireen Herting, Dr. Leonard Smith, Rick Emmert, Tim Muri, John Manglardi, Adam Cohen (former Board Member), Nuccio D'Argento, Jack Wilson, Bill Nolan, David Arts and Andy Sprogis (Absent: Craig Colmar, John Dobrez, Ozzie Guillen, Donald Hindman, Jesse Jackson, Jr., Gary Kaatz, Richard A. Kent, Fidel Marquez, Senator Antonio Munoz, David Pearre, Joan Rubschlager, Timothy J. Stojka, David Taylor, Jesse C. White)

If you would like to learn more about Easter Seals Metropolitan Chicago and how you can get involved, please contact Tim Muri, President & CEO via email tmuri@eastersealschicago.org or you may reach him directly at 312-491-4137. You may also visit eastersealschicago.org or eastersealsandautism.com and see how you can help change lives and make a difference for families living with Autism today.