

GRANT REQUEST FOR LITE GAIT PROJECT – This is includes examples of how it is done.

Briefly describe your project purpose and goals, overview of what you plan to do, who you will serve and how many will be served. (Include target population's age and ethnicity, the geographic focus, and other related information.) Limit response to space in box on form.

Our Clinic is pleased to have the opportunity to apply for a grant from X for our proposed project. Our project's purpose is to expand Our Clinic's capacity to provide Partial Weight Bearing (PWB) gait training.

Every parent wants their child to learn to walk. The majority of children attending our early intervention program have gross motor delays. A project supervised by PT with a student from University, showed that the early intervention program children benefited from PWB gait training. The equipment owned by Our Clinic is located in the outpatient gym and is needed for older outpatients. This project will allow the physical therapist to offer PWB gait training to children in the early intervention program gym. The children (1-3 year olds) need help at this critical stage of early development with ambulation. The children are ethnically diverse, generally low income and live in the greater City area (zip codes XXXXX-XXXXX).

Funding for this equipment and pilot program addresses an unmet need in the community. Few facilities can afford this equipment or provide PWB gait training for their clients, especially for children under three years of age. The physical therapist believes that when the children leave Our Clinic at 3 years with improved gait velocity and coordination, their school teacher will be more likely to assist them with ambulation at school and see it as a safe activity.

Our Clinic will purchase the LiteGait and GaitKeeper treadmill with accessories to use in the early intervention program gym. Twenty-one children will receive PWB gait training for three 12 week sessions. Our Clinic is committed to helping the children in our community receive the very best care that is available by conducting pilot programs to gather evidence for best practice for pediatric professionals working with children with musculoskeletal problems. Your consideration of our request will be greatly appreciated.

Briefly describe the history and expertise of your agency.

Our Clinic is a non-profit, public benefit corporation that has served the community since 1926. The mission of the clinic is to provide orthopedic care, rehabilitative services, developmental programs and patient education on behalf of the children in the greater City area. The vision of the clinic is to provide services that improve the functional abilities of the children in the greater City area with musculoskeletal limitations. Children served are uninsured, underinsured (Medi-Cal) or do not have access to the services offered by the Clinic. Our Clinic has 5 programs: 1) Orthopedic Clinics for Children, 2) Physical Therapy Program, 3) Swim Program 4) Early Intervention Program and 5) Communication Program.

The staff of 14 consists of the executive director, physical therapists, occupational therapists, a speech-language pathologist, program aides and support personnel. The Medical Director is X, M.D. Three staff members are fluent in Spanish. There are 12 Directors on the board: X, President; X, Vice President; X, CFO; X, Secretary and X, Past President. The board members have expertise in medical fields, law, education, and finance. Some of our board members have been volunteers at the Clinic, are former patients or are parents of patients.

What are the specific community needs or problems that you are trying to solve through the proposed project?

Partial weight bearing (PWB) gait therapy makes use of a suspension system to provide proper upright posture as well as balance and safety during treadmill walking. The therapist is able to assist proper coordination by the manual placement of the feet and /or weight shifting. Problems: (1) The equipment to provide this therapy is expensive. (2) Only one other facility that has this equipment in City and they

use it with older children and adults. (3) Physical therapists in a typical rehabilitation setting cannot devote an entire therapy session to treadmill training. (4) The GaitKeeper treadmill is designed for a pediatric population is ideal for aerobic conditioning for children with disabilities yet very few insurance companies will reimburse for this so most rehabilitation programs do not offer fitness programs for children with disabilities who have reached their therapy goals.

The proposed clients would be the children enrolled in the early intervention program and some older outpatients. In 2006, there were 62 children, 39 males and 23 females, all 1-3 years old. The children were 57% Hispanic/Latino, 16% Caucasian, 16% African American and 11% Asian. Spanish was the primary language for 61% of the families. Medi-Cal was the health insurance for 58% of the families. All of the families live in the greater City area (zip codes XXXXX-XXXXX). Economically, 63% of the families were below 100% of the federal poverty guidelines and 19% were between 100 - 200% of the poverty guidelines.

What do you ultimately hope to accomplish through your proposed project?

Partial Weight Bearing gait training is appropriate to use with severely involved children – those unable to support their own weight, those inappropriate for assistive devices, or those too weak in upper body strength. They may benefit from training aimed at developing the coordination needed for walking during the early stages of their development. Older children with physical disabilities who have been discontinued from therapy services in the community when they reach a plateau in their skill levels will benefit from fitness and aerobic conditioning using the treadmill.

Objectives

Children receiving PWB gait training will:

1. Show increased endurance – length of time they tolerate ambulating
2. Improve their gait velocity
3. Increase their functional status in terms of walking and transfers

Describe the project activities or steps you will take to carry out your project.

Purchase a LiteGait® 200MX (Suspension equipment) and GaitKeeper 1800T (Treadmill). X, physical therapist, will provide PWB gait training for children in the Development Program two times a week for 20 to 30 minute sessions for three 12 week sessions. Twelve children in the Monday/Wednesday morning children are eligible and 6 children in the Monday/Wednesday afternoon class are eligible. Three outpatient children older than three years of age would benefit from PWB gait training to improve their fitness level will be seen twice a week for three 12 week sessions. Children will be evaluated before starting the training and again at the end of each session. Progress toward goals will be reported and a parent satisfaction survey will be completed.

How do you plan to evaluate the progress and success of your project?

1. Measure the resources used (including budget to actual information)
2. Evaluate the process - Quantity measures
 - a. number of early intervention program children who receive PWB gait training,
 - b. number of outpatient children who receive PWB gait training and
3. Assessment of Outcomes – Quality Measures (pre- and post-training results):
 - a. Endurance – time tolerated on treadmill
 - b. Gait velocity
 - c. Functional status – ambulation and transfer activities.
4. Assessment of Impact
 - a. Parent satisfaction survey
 - b. Professional evaluation (Identify strengths, challenges and solutions during PWB gait training pilot)

If your project costs more than you are requesting from the grant, how do you plan to pay for that amount? What steps have you already taken to get additional funds or in-kind support, if necessary?

Tichenor is requesting \$30,000 from the grant.

\$X for equipment (see attached invoice) plus:

Mon./Wed. a.m. class: 12 children x 20 min. = 8 hrs/week

Mon./Wed. p.m. class: 6 children x 20 min. = 4 hrs/wk

Outpatients: 3 children x 30 min. = 3 hrs/wk

Total 15 hrs/wk for three 12 week sessions = 540 hrs

21 children evaluated at start and after each session (1 hour evaluations) 84 hrs

Total hours 624 hrs

624 hrs/week x \$X/hr (PT) = \$X

Our Clinic approved \$X for 2007 for the early intervention program. They will provide the balance required for the pilot of \$X.

If you plan to continue this project (or salary) beyond the period for which you have requested funds, how do you plan to continue paying for it?

Grant funding for the purchase of the equipment and for wages during the pilot program will allow Our Clinic to be able to offer PWB gait training to the early intervention program children and to more outpatients.

Our Clinic has an eighty year history of carefully growing and sustaining programs that would not otherwise be available in our community. The overall budget is within five percent of available income with an allowance for depreciation. Our Clinic's Board of Directors is committed to continuing the program.

When the pilot project proves successful, the costs can be incorporated into Our Clinic's annual budget.

Proposed Project Budget

Not included here but completed on the grant form.