



Moving with H.O.P.E.

Moving With Health Oriented Physical Education
30 Controls Drive
Shelton, CT 06484
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www.movingwithhope.org

Empowering Survivors of Neurological Illness

Client rates as of 1/1/2022

MovingWithH.O.P.E. offers Activity Based Restorative Therapy (ABRT). At this time insurance-based services such as Physical or Occupational Therapy are not offered. The use of our staff and equipment is strictly for wellness and fitness.

Every client must receive an initial functional evaluation. The fee for the evaluation is \$80. Flexible but necessary appointments for the Activity Based Restorative Therapy plans listed below are needed.

Phase I Wellness Plan - \$75 per hour*

Typical client has been freshly discharged from a Rehab Hospital or outpatient physical therapy center. In some cases, the client is still living in a nursing home. This new client may have a complete spinal cord injury, moderate to severe paralysis from acquired brain injury, or other neurological diseases. Many times, this individual also presents multiple medical issues such as COPD, CHF, CHD and orthopedic intolerance. The primary goal is to establish milestones within 6 months for increased health and independence. The individual needs assistance from 2-3 staff members for every hour of service.

Phase II Wellness Plan - \$55 per hour*

Typical client has been discharged from outpatient physical therapy center. This new client may have partial paralysis from acquired brain injury, incomplete spinal cord injury or disease or is an individual with multiple medical issues such as COPD, CHF, CHD and orthopedic intolerance. The primary goal is to establish milestones within 6 months for increased independence with ADL's (activities of daily living) such as bathroom transfers, bed to chair, chair to car and basic walking endurance of 2-10 minutes and stair climbing. The individual needs assistance from 1-2 staff members for every hour of service.

Phase III Wellness Plan - \$55 per visit

At this plan a typical client has shown progress but still has a continued risk of falling or a history of falls. There are orthopedic or cardio-pulmonary intolerances along with mild to moderate core weakness when standing or walking. The client requires more complex RedCord and gait training and is not able to complete exercise therapies without a full hour of close assistance per visit.

Phase IV Wellness Plan - \$400 per month payable in advance

At this stage clients have a lowered state of or pose no risk of falling. There are still orthopedic issues but without significant core weaknesses. The client requires basic RedCord and gait re-enforcement but is able to complete exercise therapies with only 10-15 minutes of close assistance per visit.

Phase V "Guided Membership" Wellness Plan - \$225 per month payable in advance

At this stage clients are at a lowered state of or pose no risk of falling. Orthopedic issues exist but without significant core weaknesses. Help is always available from floor exercise physiologists. Gym access with this plan have some limitations M-F.

Clients needing unloading harnesses or a transfer chair for safe and effective use of some of our Rehab equipment are subject to a \$10 add on cost per visit.

***A typical Activity Based Restorative Therapy visit is 2.0 hours. Each visit is tracked for billing accuracy. Any shortfalls will be credited towards the next payment period. All plans are eligible for community donations through MovingWithH.O.P.E., a CT 501(c)(3) charity.**

