



# Focus! Skills & Strategies to Improve Attention

Presented by:  
Kimberly M. Wiggins, OTR/L

**Dates & Location:**  
**Saturday, April 14th, 2018**

at  
**Easter Seals DuPage & Fox Valley**  
**830 S. Addison Ave.**  
**Villa Park, IL 60181**

## Learning Objectives:

1. Describe visual perception strategies and exercises that can be done anywhere.
2. Explain the primitive reflexes screening process for MO, RO, TLR, ATNR, spinal galant, and STNR.
3. Provide compensation techniques for retained reflexes.
4. Identify a treatment exercise for five most common reflexes.
5. Explain how to use inexpensive sensory techniques in the classroom and home.
6. Describe movement breaks to implement in classroom settings.
7. Explain effective strategies for using mobile devices to gain and maintain attention spans.
8. List three apps that can be used to compensate for poor handwriting skills.

## About the Speaker:



**Kimberly M. Wiggins, OTR/L**, is a licensed occupational therapist specializing in pediatrics who has worked extensively in public school settings, outpatient, and home-based services to children of all ages with a variety of diagnoses and special needs since 2011. She is a full-time therapist at a City School District in upstate New York, owner of [www.OTKimWiggins.com](http://www.OTKimWiggins.com), and has been a nationally known speaker since 2011.

Kim is certified in Mobile Devices for Children with Disabilities, Puzzle Art Therapy, Handwriting Without Tears, Zaner-Bloser, The Listening Program, and as an Irlen Screener. Ms. Wiggins provides clients with both a clinical and parental perspective as she is the |mother of 4, including the adoptive parent to a child with special needs. She is an experienced National program developer who has produced and presented training workshops and seminars on such topics as handwriting and sensory integration to teachers, therapists, administrators, and parents, including a variety of OT State Associations and the National Special Education Conference in Seattle, WA. She is a member of the American Occupational Therapy Association, a member of the NYS OT Association (NYSOTA). She is also a past president of the Junior League of Binghamton, NY.

Kim has the following relevant financial relationships to disclose: She teaches webinar courses for the company *Sensational Brain* and provides webinars for a fee on her own website as well. She receives a commission from *Move, Play, Thrive* for referrals to courses. She has no relevant nonfinancial relationships to disclose.

## Course Description:

Every year there seems to be an increase in children with attention and behavior issues. There can be various underlying causes. This resource-filled, 6.5-hour course explains how improving basic developmental skills can significantly impact attention and academic skills. Topics covered include (1) explanations and strategies for visual perception and how vision can impact learning that can be done as a home exercise program or at school; (2) a screening process, compensation techniques, and exercises for retained primitive reflexes that can be done in a variety of settings; (3) classroom and home implementation of strategies for the sensory system; and (4) the use of technology compensation techniques, including the use of iPads and Chromebooks. Each section ends with sample goals for that topic. Overall, an abundance of strategies are provided, including over 50 apps, that you can use the very next day!

**Target Audience:** **Introductory- to intermediate-level occupational therapists and other professionals, including physical therapists, speech-language pathologists, social workers, teaching staff, & school administrators.**

## Continuing Education Credits

Continuing education credits for **OT, PT, & Social Workers** will be offered through the Illinois Department of Professional Regulation.

All participants will receive a course completion certificate upon successful completion of the conference. No certificates will be awarded until course completion is verified on the final date of the conference.

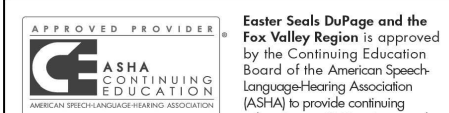
This Intermediate Level course is offered with AOTA Classification Codes: Categories 1 Domain of OT & 2 Occupational Therapy Processes.

### Occupational Therapy:



The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.

### Speech Therapy:



Easter Seals DuPage and the Fox Valley Region is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. See course information for number of ASHA CEUs, instructional level and content area. ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.

This course is offered for 0.65 ASHA CEUs (Intermediate level, Professional area).



## Course Schedule

7:30AM—8:00AM  
8:00—10:00

### **Registration & Check-In** **Effects of Retained Primitive Reflexes** **on attention and academics**

- Explanation of 5 most common retained reflexes
- Demonstration and explanation of simple screenings
- Exercises to integrate reflexes modifications to improve attention and learning

10:00—10:15  
10:15-12

### **BREAK** **The Visual System and It's Impact On Learning**

- The effects of the visual system on attention/academics
- Explanation of the 3 components of vision
- Strategies and games to remediate visual issues
- Apps and online resources for visual skills

12:00—1:00  
1:00—2:00

### **LUNCH** **Classroom and Home Sensory Strategies to improve Attention**

- Simple explanations of the sensory system
- Cheap and free solutions to incorporate sensory strategies in the classroom or at home
- Strategies for students who have difficulty with processing vestibular, proprioception, tactile, auditory, and olfactory inputs
- Sensory Apps and programs

2:00—2:15  
2:15—4:00

### **BREAK** **Using Technology as a Motivator and Compensation Technique\*\***

- Effective uses of technology in a school system
- Apps for behavior, organization, and fine motor
- Promoting typing skills as a compensation technique
- Description of how to use Chromebooks with students (includes Apps vs. Extensions)
- Compensation techniques for illegible handwriting

4:00

**CLASS CONCLUDES**

**Contact Hours: 6.5**

## Registration Form

**Online at [EasterSealsDFVR.org/ContinuingEducation](http://EasterSealsDFVR.org/ContinuingEducation)**

Please complete this form and mail with payment to:  
Easter Seals DuPage & Fox Valley  
Continuing Education Department  
830 South Addison Avenue  
Villa Park, IL 60181  
FAX: 630.620.1148

**Registration Fee: \$210**

**Early Registration Rate: \$195 on or before 3/14/18**

**Name:** \_\_\_\_\_

*This is how your name will be printed on the course completion certificate..*

**Title/Position:** \_\_\_\_\_

**Organization:** \_\_\_\_\_

**Org. address:** \_\_\_\_\_

**City:** \_\_\_\_\_

**State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Business phone:** \_\_\_\_\_

**Home address:** \_\_\_\_\_

**City:** \_\_\_\_\_

**State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Home phone:** \_\_\_\_\_

**E-mail:** \_\_\_\_\_

**For credit card payment, please complete:**

**Type (please circle):** Visa, MasterCard, AmEx, Discover

**Credit Card #:** \_\_\_\_\_

**Expiration Date:** \_\_\_\_\_ **CVV:** \_\_\_\_\_

Registration fee includes the conference, continental breakfast, and afternoon refreshments.

*Space is limited. Early registration is encouraged.* Registration deadline:

**March 30th, 2018.**

Cancellations must be in writing and will incur a \$50 processing fee. No refunds granted after March 30th, 2018. If Easter Seals or speaker should need to cancel, course fees will be refunded or transferred to another course at the discretion of the participant.

**Focus 04.2018**

## OTHER INFORMATION

**MEALS:** Continental breakfast & afternoon refreshments will be provided. Lunch will be on your own or for a small fee you may purchase a deli style lunch.

**HOTEL RESERVATIONS:** A special rate at the Hyatt Place is available. Mention Easter Seals DuPage when booking. The hotel is at 2340 South Fountain Square Drive in Lombard and the phone number is 630.932.6501.

If you are interested in shuttle service to and from the conference site, please indicate this at the time you make your reservation.

### CONTACT INFO:

**Phone:** 630-620-4433

**Email:** [ce@EasterSealsDFVR.org](mailto:ce@EasterSealsDFVR.org)

[www.eastersealsdfvr.org/continuingeducation](http://www.eastersealsdfvr.org/continuingeducation)