

Case for Support and  
Community Report



The birth of a child is a joyous occasion. Upon her birth you discover that your beloved daughter is disabled. It could be Down syndrome, severe autism, cerebral palsy or many other diseases that initially devastate you. While this is initially heartbreaking, you fall in love with your child and see all the good things she brings into your life.



**And so begins the challenge** of raising a child with a disability. Maneuvering through the maze of special education through age 22 is a formidable task — then what not to mention what happens after your child turns 22 and ages out of the public school system?

This is what happens to many individuals with disabilities, and it happened to Cortney Carpenter in 2007. Cortney's parents searched for a safe, nurturing, educational and engaging day program to provide for their daughter who has severe cognitive and physical disabilities. Nothing they found made them feel their daughter would be cared for in the manner they desired. With "necessity as the mother of invention," the Carpenter's founded Cortney's Place.

Today, Cortney's Place is a specialized day program for up to 50 physically and cognitively disabled adults. "Students" currently range in age from 21 to 65. The mission is to provide physically and mentally challenged individuals an array of opportunities to help them achieve their personal potential and actively participate as members of our community. The primary goal of Cortney's Place is to encourage, support and engage individuals to meet their personal goals and work toward being more self-sufficient.

#### **Examples of these personal goals:**

- Non-verbal person to learn how to communicate effectively
- Emotionally challenged individual to reduce the number of social outbursts
- Wheelchair bound person to increase physical activity

## **Elevating Personal Potential**

Students are given opportunities to elevate their personal potential through sensory awareness, music, art, pet and hydro therapy, exercise and wellness programs. These quality of life programs come at a cost not covered by state-sponsored care—more than \$14,000 per student annually. Again, this amount per student is in addition to what the state pays for day programs.

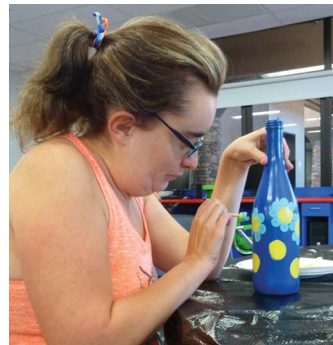
Cortney's Place offers programs year-round from 8 a.m. to 4 p.m. Monday through Friday. Each day, groups of eight (8) individuals rotate through a number of programs including, but not limited to:



**Hydrotherapy** limits stress on joints and reduces pain, muscle tightness and spasms. It increases mobility, greatly helping with muscle tone, lung capacity, flexibility and overall wellness.

**Music Therapy** helps promote socialization, communication, memorization, cognitive function, self-expression and motor skills.

**Healthy Cooking** teaches students how to make healthy choices and meals, shop for ingredients and clean up.



**Art Classes** help build fine motor skills, increase attention span, promote problem solving and provide an opportunity to make choices and includes drawing, mosaics, painting, ceramics, clay and more.

**Community Outings** engage students with the community through social events, plays, musicals, sporting events, museums, basic educational shopping skill adventures and more.

**Life Skills** increase independence as they learn home maintenance, personal care and hygiene, safety awareness, basic money management skills and more.



**Pet Therapy** helps lower blood pressure and provides stress relief. The interaction also promotes gentleness, caring and safety with pets.

**Health and Wellness** participation depends on the individual's disability, utilizing smart board and personal instruction, treadmills, and one-on-one therapies to help meet their goals.





**The Snoezelen™ Room** is a sensory awareness area filled with sights, sounds, textures and aromas used to stimulate, calm or energize. The experience is safe, non-threatening and proven to be effective for people diagnosed with traumatic brain injury, chronic pain, mood disturbances and sensory deprivation.

**Interactive SMART Boards®** provide a “hands on” learning approach utilizing sounds, touch, animation and video recordings. This therapy can provide non-verbal individuals with a path to communicate to others as well as provide visual stimulation for learning.

“We moved to Scottsdale because of Cortney’s Place. Our son wakes up every morning excited about going to Cortney’s Place.”

—MARSHA KENNEY, PARENT

<p><b>NEED</b></p> <p><b>\$14,000</b> PER STUDENT PER YEAR <i>(over and above what the state pays)</i> must raised to provide specialized, quality-of-life programs</p>	<p>Caregiver to Student Ratio <b>1:4</b> TWO STUDENTS SUPERVISED <b>1:1</b></p>	<p><b>8</b> Outings Each Week on average</p>	 <p>Instruments Played in Music Therapy Drums, piano, maracas, tambourines, bells, finger and hand-held adaptive instruments, harmonicas and more...</p>
<p><b>3</b> Hours of Community Service is available per week for each student if they wish to participate</p>	<p><b>59%</b> NONVERBAL STUDENTS</p>		
 <p><b>59%</b> students in wheelchairs or need assistance walking</p>	<p><b>INCOME SOURCES</b></p> <p><b>20%</b> Community    <b>13%</b> Grants    <b>67%</b> Special Events</p>		

“I support Cortney’s Place because I know the students have so many opportunities not offered in most day programs.”

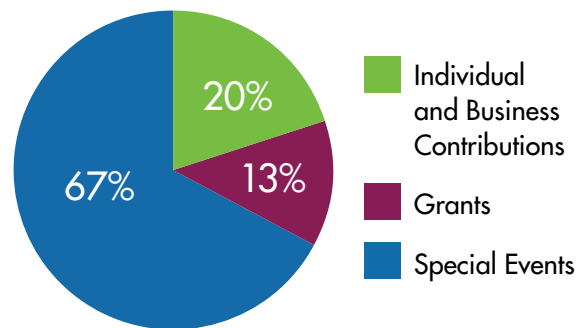
—RAHUL CHAWLA, MD, BOARD MEMBER



**A 2015 fiscal goal of Cortney's Place** is to diversify funding by increasing the income from the following sources: annual giving campaign, grants, individual and business contributions including the Arizona Charitable Tax Credit, while reducing reliance on the income received from special events.

## CORTNEY'S PLACE FY14-15 HIGHLIGHTS

- Developed Annual Giving Campaign raising more than \$50,000 (includes Cortney's Circle of Love giving society)
- Value of over \$46,000 in Volunteer Hours
- Became an Arizona Tax Credit Qualified Organization
- Became CARF Certified meeting highest quality standard of care



Cortney's Place has a full-time CEO, a half-time administrator, a strong board of directors, and many volunteers to raise the \$450,000+ annual budget that provides enrichment programs for our students.

Marc Community Resources (MCR) is the premiere licensed service provider for Cortney's Place. As a 58-year-old organization serving more than 8,000 individuals throughout the valley, MCR has the expertise to manage our day program. MCR receives funding from the Arizona Department of Economic Security/Division of Developmental Disabilities.

**In 2014, Cortney's Place became CARF certified** (Commission on Accreditation of Rehabilitation Facilities) through MCR. CARF is an accrediting organization that assists providers to improve the quality of their services and meet internationally recognized standards. This demonstrates to families, the public and funders that Cortney's Place exceeds state standard of care and follows best practice serving the students.



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[CortneysPlace.org](http://CortneysPlace.org)

"Take a tour and you will see why Cortney's Place stands apart. It is a happy place filled with love."

—MELISSA LEHMAN,  
BOARD MEMBER