

# PRESS RELEASE

## LIFESTYLES, FEATURES, CHILDREN, SPORTS AND HEALTH

National Nonprofit Helping Children with Autism to Ride the Wave  
*Community Options to host 3<sup>rd</sup> Annual iMatter Surf Camp*

*(August 10, 2009 – Princeton)* Community Options, Inc. (COI) is a national nonprofit organization that has been developing community-based homes and employment supports for people with developmental disabilities for over twenty years. COI will be hosting its third annual "iMatter Surfing Camp" for Children with Autism Spectrum Disorders at Cupsogue Beach in Westhampton on Saturday, Aug. 15, 2009 from 10am-4pm.

Jessica Guberman, Ph.D., Executive Director for Community Options and pioneer of the surf camp for kids says, "The iMatter Surf Camp is magical day. Families are so eager to sign their children up for the event and to participate in an innovative and inclusive activity that connects children to the fun and therapeutic advantages of the water," says Guberman. Community Options supports people with disabilities from New York to New Mexico in 30 cities across the country.

"Ten years ago, Autism was diagnosed in 1 out of 10,000 children, and considered a rare disorder," explains Guberman. "Today, Autism is diagnosed in 1 out of 150 children, and is a growing epidemic with no cure." There are 1.5 million people with Autism living in the United States today. In fact, Autism is considered the fastest growing developmental disability.

The iMatter Surfing Camp was inspired by research that supports the concept that water is the ideal medium for exercise, and to rehabilitate the body. For children with Autism Spectrum Disorders, aquatic therapy focuses on therapeutic, play-based functional movement, improving range of motion, helping to facilitate neurodevelopmental growth, improved body awareness, increased balance, sensory integration, mobility skills, and most importantly, having fun.

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*If you plan on sending a news crew out to cover the event, please contact Jessica beforehand at 973-390-0357 or jessica.guberman@comop.org so your crew may be accommodated at the event.*

