

## Practice Without Pressure A Model for Change

Deborah Jastrebski developed Practice Without Pressure to help her son, Marc, who has Down syndrome. From a young age, Marc underwent many exams, tests, procedures and surgeries, most while restrained or in a papoose board. Because no other strategies to help Marc existed, Ms. Jastrebski created them.

Through what is now the PWP Practice Model™, Marc became strong where he had once been afraid and now faces procedures, both new and old, calmly and with confidence.



Since 2002, Practice Without Pressure™ has made a difference in the lives of many people who can now receive routine care they avoided or would have been restrained or sedated to receive. Now even more people can benefit from PWP and receive care in the Practice & Procedure Center, where their needs are recognized, addressed and supported in a relaxed and comfortable environment.

*“No other comparable program exists which meets the needs of a diverse group, using unprecedented methods.”*

Thomas Kelly, M.D.

## Practice Without Pressure Where People Matter

*“Just four visits to Practice Without Pressure made all the difference.”*

Marcy Kempner, on dental care for Ethan, age 8

*“(PWP) gave him control over something in his life because so much of what he does every day he doesn’t have a choice. PWP gave him the tools and it gave us the tools to get through things like blood draws, hair cuts and the dentist.”*

Steve and Anne Cleary about Ryan, age 15

*“I strongly endorse PWP and I think every young lady will benefit from PWP.”*

Gloria Prettyman on Women’s Health Class

*“There are no words to express the emotions involved in this accomplishment and the hope that it brings. For John, it is life changing.”*

Irene and Philip Campbell, on haircuts for John, age 9

*“We should never give up hope. It’s really nothing short of a miracle that Scott’s able to have his blood drawn without being restrained by two or three people or being pre-medicated. Thanks to Practice Without Pressure for what they have done.”*

Susan Humphreys for son Scott, age 35

*“Awesome, Awesome, Awesome!”*

Dental Hygiene Student on PWP Workshop

### Insurance Coverage:

PWP is a fee-for-service provider that accepts Medicaid, Medicare, Blue Cross & Blue Shield of Delaware and most major medical insurance for dental, medical and phlebotomy appointments.

### Contract Services:

PWP also provides dental and medical care under contract to the Delaware Division of Developmental Disability Services.

### Service Fees:

Practice session fees, when not covered by insurance or by state contracts, will vary based on individual need to be determined at initial evaluation.

### Appointments & Information:

For an appointment or information, contact PWP at 302-832-2800, or email us at [requestinfo@pwpde.com](mailto:requestinfo@pwpde.com)

PWP is a United Way affiliate

(DE # 9521)

*The Practice & Procedure Center is owned and operated by Practice Without Pressure, Inc., a 501©3 organization. The Center is located minutes from I-95 and Route 1.*

Practice Without Pressure, Inc.

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## Practice Without Pressure

## Medical, Dental and Personal Care



**We Make You Feel At Home**

## PRACTICE & PROCEDURE CENTER — FOR UNCOMPROMISING CARE

### *Where Innovation Meets Convenience*

The Practice & Procedure Center offers a new healthcare home for families and for people, especially those with disabilities, who fear or avoid routine care. The Center is the first facility ever to combine specialized practice for anxious patients and treatment for all in one convenient location.



The Center is fully accessible for clients who use wheelchairs with staff who understand how to support individuals with physical challenges.

Staffed by dedicated professionals, the Center offers families routine treatment in dental, medical and personal care services. For fearful people, the Center offers the exclusive services of Practice Without Pressure.

### *Practice & Treatment Specialties\**

#### **General Dentistry:**

Cleaning

X-rays

Exams and treatment

#### **Medical Care:**

Women's health

Phlebotomy

#### **Personal Care:**

Nail Care

Hair Cuts & Styling

With a unique combination of specialized support and routine care, the Center offers services that benefit everyone and a professional staff that will make people feel welcome and comfortable right from the start.

\* PWP will add general medical care in the future.

### *Home to Practice Without Pressure*

Practice Without Pressure is a non-profit organization based in Delaware whose mission is to help people, especially those with disabilities, receive quality medical, dental and personal care with dignity and respect.

At the Center, PWP practice specialists use a step-by-step process that promotes trust and learning. And when people are ready to tackle a real exam or test, the Center offers them a familiar and comfortable place where they can move right from practice to stress-free success.



*"A shining example of an organization that empowers people and ensures quality care for all."*

*Susan G. Komen for the Cure, Phila. Affiliate*

### *Where Practice Makes Perfect Sense*

At the Practice & Procedure Center, fearful patients gain skills to complete routine care with confidence. The PWP Practice Model™:

- Breaks down and teaches procedures in manageable steps
- Builds acceptance based on individual tolerance and positive behavioral supports
- Gives family members, caregivers and professionals tools to support an individual for sustained success.

