

iLs

FAQs or FREQUENTLY ASKED QUESTIONS

What is iLs?

iLs is a multi-sensory program for improving brain function. It is an enjoyable activity, or “exercise,” which can be customized for all ages and skill levels.

What does it do?

It strengthens existing pathways in the brain and creates new neural connections/pathways. As these neurological connections grow stronger, emotional regulation, processing, language skills and psychological functions, such as self-confidence, also tend to improve.



How can iLs help my child?

iLs has a global effect on the brain and central nervous system. It can greatly help your child in the following areas:

- Balance
- Visual
- Auditory
- Motor
- Coordination
- Behavior
- Emotional regulation



As a result, it is successfully implemented for a wide variety of conditions:

- Learning difficulties
- Reading difficulties
- Writing difficulties
- Auditory processing
- Sensory processing
- Speech & Language
- Attention & regulation
- Autism and other neuro-developmental difficulties



My child has been advised to register for the iLs program. Does this mean that my child is struggling with APD? Does it mean he/she has a learning disability?

Is he/she behind his/her peers academically?

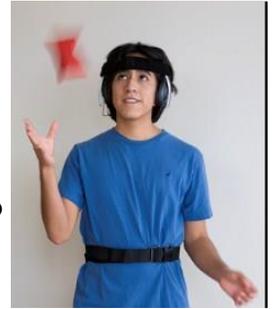
Students are selected for a variety of reasons. Many times students may have ability in many areas but are having difficulty processing directions or verbal information. Students are also selected if they have fine motor needs or need support with focus and work completion. Students that struggle to remain calm and relaxed throughout the day also participate in the program.



How does iLs work?

iLs programs include classical music that has been acoustically modified to provide enhanced or filtered signals in certain frequencies, as specific frequencies are believed to be correlated to certain brain functions. Higher frequencies are alerting and lower frequencies are grounding. The music is loaded on an iPod paired with special headphones which deliver it through both air and bone conduction (a low frequency vibration that is conducted by bone to the cochlea and vestibular system). Simultaneous to the auditory component, each student engages in visual, vestibular (balance) and motor exercises. Some of the exercises that students perform are:

- Balance Beam
- Balance Boards
- Ball Skills
- Juggling
- Pogo Sticks
- Sensory Processing activities



What types of music will my child listen to while completing the iLs exercises?

Many of pieces selected by iLs are from Mozart's repertoire. iLs uses Mozart's music for very specific reasons. Decades ago, the music of Mozart was found to be among the most beneficial for mental alertness and a relaxed body. iLs believes the form and structure of Mozart's music play an integral role in helping brain organization. Also, the high frequency content and dynamic range in much of Mozart's music lends itself so well to iLs' processing requirements. iLs also uses various selections from Vivaldi, Bach and Beethoven.



Would it be helpful if I downloaded some classical music from iTunes for my child to listen to at home?

While listening to classical music you've downloaded can be very enjoyable and relaxing for your child, it would not contribute to or take the place of the iLs program. The music used in the iLs program is processed in a sound studio through a highly sophisticated system that uses combinations of parametric equalizers and special filters. iLs uses a form of „lossless compression“ which means music is downloaded in its original full frequency spectrum. Most MP3 music is downloaded with the original full frequency spectrum removed to minimize the file size and facilitate faster downloading of songs.

Is there more than one iLs program?

There are 4 iLs programs:

1. Sensory Motor
2. Concentration/Attention
3. Reading/Auditory Processing
4. Optimal Performance



How often does he/she do it?

Students in the program participate in a 30-45 minutes a day either morning or in the afternoon.

The Sensory Motor programs takes 60 lessons to complete; Concentration & Attention 40 lessons and Reading & Auditory Processing programs are 40 lessons.



What should be the age of child?

1.5 years to 18 years

As of 2013 iLs has trained over 5,000 therapists in the U.S. and it is used in over 30 countries.

The cost of 1 hour of therapy in a private practice is \$100 or more in the U.S.

What improvements have been seen in students at Ananya since the inception of the program in 2008?

The following are some of the improvements that we've observed in Ananya students participating in the iLs program:

- Improved speech
- Improved communication skills; beginning spontaneous conversations
- Improved balance and stamina
- Improved follow through of directions
- Improved reading ability and confidence
- Improved concentration

