

Provider Packet: Adaptive Physical Performance

Prepared for Regional Center Service Coordinators, Independent Facilitators, and Financial Management Service reviewers.

Who we are

Apex Kinetic Integration (AKI) is a mobile adaptive fitness provider serving Los Angeles County from the San Fernando Valley. We come to the participant: their home, a park, or another community setting of their choosing. Our clients are people of all abilities, and our sessions are built around what each participant wants to be able to do.

Our position is that physical capability is not a standalone activity. It is the engine underneath almost every other goal a participant sets. Someone who can stand longer, move with more confidence, and manage their own energy has a wider range of options at home, at work, and in the community.

How training supports IPP goals by life area

LIFE AREA	PARTICIPANT GOAL EXAMPLE	WHAT OUR TRAINING DELIVERS
Health & Wellness	Staying active, managing stress, building stamina alongside their care team's plan.	Individualized conditioning that builds cardiovascular endurance and consistency, coordinated with whatever the participant's own providers have recommended.
Community Participation	Joining a bowling league, attending weekly services, getting to the park.	The standing tolerance, walking endurance, and physical confidence it takes to be out in public settings and stay for the whole activity.
Homelife & Housing	Living more independently, handling daily tasks with less help.	Core stability, balance, and functional strength for everyday movements: getting up from a seated position, carrying groceries, moving safely around their own home.
Employment & Career	Getting or keeping a part-time or full-time job.	The physical capacity and energy management to sustain a full shift and meet the physical demands of the role.
Personal & Emotional Growth	Building self-advocacy, autonomy, and body confidence.	Structured physical output and choice-making inside every session, so the participant is directing their own training rather than being managed through it.

Service description for spending plans

Independent Facilitators are welcome to paste the paragraph below directly into a spending plan proposal.

Provider	Apex Kinetic Integration LLC (AKI)
Service title	Adaptive Physical Performance & Life-Skills Conditioning
Delivery	Mobile, throughout Los Angeles County. Home, park, or community setting.
Rate	\$110 per 60-minute mobile 1:1 session. Longer sessions, extended travel, or two-staff support are quoted separately. We confirm the exact rate in writing, on request, before a plan is submitted.
Payment	SDP participants pay through their FMS provider. Private pay available. Regional Center vendor application in progress.

Apex Kinetic Integration LLC provides functional physical conditioning designed to support the participant's goals across multiple life areas. Training focuses on functional mobility, physical stamina, motor control, and strength. These sessions support the participant in maintaining safe independent housing, sustaining energy for employment, and participating in community activities.

Where this typically sits in a spending plan

DDS publishes the service codes participants must use, and the right one depends on how the goal is written in the IPP. The categories most often relevant to our service:

331	Community Integration Supports	Training tied to participating in community life.
334	Individual Training and Education	Training tied to skill building for the participant directly.
333	Participant-Directed Goods and Services	Where the participant is directing the purchase themselves.
008	Sports Club	The traditional vendorization category covering instruction to maintain or enhance physical health through exercise, outside of SDP.

Please confirm the code with the participant's Service Coordinator before a plan is submitted. A service has to match an official DDS service definition to be funded, and the code that fits depends on how the goal is written.

Who delivers the sessions

Every session is run by our own team, not subcontracted out. All three of us are personal trainers; adaptive training is a specialization we bring on top of that, not a separate business.

Christian Curry, Founding Partner and Chief Movement Innovator. Over 7 years in the special needs community as a Registered Behavioral Technician and 6 years as a personal trainer certified through ISSA.

Ashtin Sewell, Founding Partner and Chief Visionary Officer. Four years delivering personal training, certified through ISSA, with a background in people-focused work including mental health services, currently pursuing ACSM certification to deepen his work with the adaptive community.

Ariane J. Chapman, Founding Partner and Chief Strategy Officer. Holds a BS in Human Resource Management and over 20 years of service work abroad.

Scope of practice

We are not a licensed medical provider. We do not provide physical therapy, occupational therapy, or behavioral intervention services. We work alongside a participant's existing providers, never in place of them, and we defer to their care team on anything clinical.

Next step: call or text (818) 429-3517, email info@trainwithaki.com, or use the contact form at trainwithaki.com. We are glad to walk a Service Coordinator or Independent Facilitator through how our sessions would map to a specific participant's IPP goals before anything is submitted.

Apex Kinetic Integration LLC · San Fernando Valley, serving Los Angeles County · (818) 429-3517 · info@trainwithaki.com · trainwithaki.com