

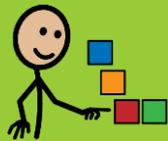


Movement Opportunities Via Education



In Willowbank and beyond **MOVE** is a way of life.
Here are some of the benefits of the programme:

- Increased choice making for individuals.
- Increased independence for individuals in moving about their environment.
- Reduced lifting for family members and support providers.
- Promotes better health with increased upright positioning.
- Creates friendships.



Be the best you can be!



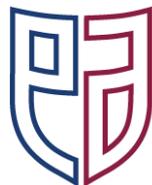
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www.enhamtrust.org.uk/move-programme-subsite

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East Ayrshire Council
Comhairle Siorrachd Àir an Ear



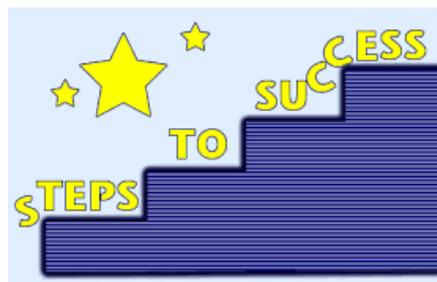
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MOVE Programme

About the Move Programme

The Move Programme from Enham Trust was designed for people with severe and complex needs. It is a six step approach to support and teach young people functional motor skills needed for life at home and in the community. It continues from childhood right through into adulthood to gain the physical and communication skills they need in order to:

- **SIT** to eat, participate in activities, education and eventual employment;
- **STAND** to increase strength, mobility and flexibility;
- **WALK** to participate in play or complete tasks, with and without support;
- **TRANSITION** from bed to chair or sitting to standing.



The six steps at a glance

Step One – Identify individual's present skill level.

Step Two - Goal Setting for independence.

Step Three - Creates meaningful, functional activities to practise the appropriate skills.

Step Four - Looks at the supports / prompts the individual currently needs.

Step Five - Reduces the support / prompts the individual needs.

Step Six - Schedules teaching of the skills throughout the individual's day.

How does it work?

MOVE brings hope for individuals and families through realistic measured targets.



The family & individual set three goals for their child

- 1) What would your child wishes to be able to do at this time. (motivation for now)
- 2) What would help you as a family?
- 3) What would you like your child to do in the future?

Skills that required to reach their goals are taught throughout the full day.

Here are some examples of when the critical skills can be taught and practiced;

- ✓ Sit to stand during personal care.
- ✓ Walking to the office to hand in the attendance slip.
- ✓ Head control / sitting with class peers during literacy, story time.