

## **TRANSCRIPT: Introduction to MOVE**

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In its simplest form, the MOVE programme is a goal orientated, activity-based programme, which brings together the combined knowledge, skills and expertise of the family, education and therapy to work with children with complex physical and learning disabilities to teach them the functional skills of sitting, standing, walking and transferring, to the best of their ability and, thus, improving access to education, opportunities for learning and improving their overall quality of life.

We work together as a team to ensure that the child receives the best possible opportunities that they can throughout 24 hours a day, in naturally learning environments. So, you don't go out of the classroom to have your MOVE programme, it takes place within every functional activity that there is during the whole day.

The goals and aspirations come from the family and the individual child themselves because if it's owned by the family and carers, then it's much more likely to happen within a 24-hour situation.

For example, one family very much like going out on a Friday night to the local restaurant but the young girl in the family was unable to stand at all—no weight bearing skills. Her mum said, 'Well, if only she could stand long enough, I could then take her to the toilet and change her in the standing position without her having to lie on the pub toilet floors', which certainly is not very dignified for any young lady! So that was the particular goal, and learning to weight bear was incorporated into all the activities during the school day. She was helped and supported through using standing aids to help her to learn standing skills and it improves the whole range of self-esteem and dignity.