

# What is the MOVE Programme?



The MOVE Programme is an activity based practice that helps disabled children and young adults gain independent movement. It uses the combined approach of education, therapy and family knowledge to teach the skills of sitting, standing, walking and transitioning between.

The programme's central philosophy is that **movement is the foundation for learning**. A toddler just learning to walk, learns special concepts about the environment around them by being able to move and explore. A disabled child, who uses a wheelchair and is reliant on others for movement, is not able to do this as easily. Their opportunities for learning are significantly diminished.

The aim of the MOVE Programme is to offer these movement opportunities to disabled people, opening up and transforming the world around them and creating an accessible, interesting and educational world full of opportunity and choice.



The programme is built around **six-steps** that are used collaboratively in all aspects of an individual's life, by all of the people that work and live with that person. It is not a therapy technique just for professionals; it gives equal worth to the input of every person involved. The disabled individual and their family are placed at the centre of the programme and it is their goals that the team focuses on.

## The six steps

1. Assessment
2. Goal Setting
3. Task Analysis
4. Prompt Measurement
5. Prompt Adjustment
6. Teaching the Skills



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*The MOVE Programme has given many of the children in school a variety of different opportunities to **learn valuable skills** that enable them to reach their own **personal goals** and develop **fundamental skills**. It's made such a **positive difference** to the pupils in unique and individualised ways.*  
- Ivy House, Derby.



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