

# A Child's Right to MOVE



The MOVE programme is a way of working with people with profound and multiple learning disabilities to encourage and enable movement. The individual and their family work with the child's care team, such as teachers, therapists and carers, and use a combination of education and therapy to achieve their personal goals.

MOVE is available to anyone who has not learnt to walk by the time they are fourteen months old or has lost mobility skills through other causes.<sup>1</sup> MOVE is not a cure, but the exercise of setting targets and working towards them ensures that every child on the programme progresses, whether it is holding their head up for 5 seconds or independently walking up stairs. Janette (please see case study below) is just one of the 2,000 children who are currently benefiting from MOVE.

**"It was a sight we thought we would never see and certainly one we will never forget"**  
Sheila Davis-Sellick, Janette's mother on the first day that Janette walked.

Janette was 5 years-old with profound and multiple learning disabilities, unable to consciously move any part of her body. She joined the MOVE programme when it first started at her school in the Highlands and has not looked back! Three years later and with the aid of a gait trainer, Janette is moving around her school independently and can even sit on an ordinary bench with a little assistance.



Now she has started moving, other areas of her life have developed to complement her new skills – Janette has a new found confidence and now wants to take part in activities like exploring her school and giggling with her friends. Crucially her overall health has improved with her muscles and limbs growing and becoming much stronger. This means that the need for surgery has been delayed and, if her progress continues, may even be prevented.

## The beginning of MOVE

The MOVE programme originally began in 1986 in California. Research there discovered that children with severe disabilities were leaving school with fewer skills than when they started, and MOVE was developed as a solution.

Since its introduction to Europe in 1999 MOVE has been encouraging cross collaborative working between education, health and social services. The importance of which was recently acknowledged in standard 8 of the National Service Framework for Children (2004) '*Children and young people who are disabled or who have complex health needs should receive co-ordinated high-quality child and family centred services which are based on assessed needs, which promote social inclusion and, where possible, enable them and their families to lead ordinary lives.*'

## MOVE across Europe

MOVE is currently available in over 400 schools based in the UK, Austria, Germany, Denmark, Italy, Spain, Macedonia and Palestine, including 12 Regional Centres of Excellence and the headquarters is based in London. **The charity MOVE Europe's vision is to ensure that every child who could benefit from the MOVE programme can have access to it.**

## Contact Us

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<sup>1</sup> There are some pre-existing conditions that may mean MOVE is not an appropriate programme for some participants, such as brittle bones, i.e. if it causes the child pain.