



Information for young people with physical disabilities & their families

Keep Safe, Keep Active

We hope these key messages from your teams within Education and NHS departments are helpful in supporting you and your child to stay healthy, safe and active during this challenging time.

• Stay safe – Follow the governmental advice which is right for your family: We recognise that many families may be in self isolation or shielding to protect a member of your family.



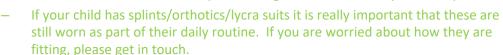
• We are here for you – The "protect the NHS" message in the media has been powerful. However, although Education & NHS services can't support our families in the usual way, we are available to answer questions or concerns at this time. If you have a concern regarding your child please get in touch.



Keep active – The health benefits of keeping active are really important to us all, but particularly for young people with disabilities. Keeping up with stretching routines & having opportunities for movement, helps to prevent increased tightness, risk of pressure areas and breathing difficulties. If you would like ideas or advice to help with this please get in touch.



- Regular changes of position Regular changes of positions & being well positioned throughout the day are important:
 - Think 24 hour positioning. Try to ensure your child's position is changed at least
 4-5 times within the day and think about positioning over night.
 - If your child has equipment that they use at school which you would find useful
 at home at this time for example standing frames, chat with your therapists.





- Have fun & create memories These are unprecedented times, having quality family time is very important.
- Parents/carers look after you We know that this is a really hard time, try to take time to yourself when you can.



Look After Yourself-

You are likely to be doing more moving & handling. If you can:

- Use the moving & handling equipment you have
- Keep a good posture offset mobile foot position, keep your child close to your body, lead with the head
- **Try to avoid** leaning over, twisting, tight grasping holds
- Have as much rest & sleep as you can
- •Take regular exercise to remain strong & healthy.
- Take time to yourself to relax.



Activity Ideas

- Movement & Dance Put on some music while doing stretches
- Wheelchair Dancing Can be fun & interactive
- Yoga –Try doing it together There are some sites below
- **Garden Exploration/Adventures** Taking time to experience explore the sounds, textures & colours in the garden. Family obstacle courses
- **Story time** this can be a good time to have a change of position, perhaps relaxation on the bed, Audio books or Sensory Stories can be great options

Useful links & Resources

- http://pamis.org.uk/news/news/virtual-activity-programme/ Offering a selection of accessible resources including sensory stories, yoga etc
- https://dancesyndrome.co.uk/online-dance-sessions/ Inclusive dance activities including wheelchair based activities demonstrated through youtube videos:
- https://www.youtube.com/channel/UCRADpSAjYz7Uosobi0eQv Q Online inclusive movement programmes including wheelchair based movement sessions; aimed at neurological disabilities
- https://www.pacessheffield.org.uk/activemovement/?fbclid=IwAR2HidsxRPLI4wwMoBhp-Bk63OeSAyWmhwoulheBylitvcBMPgnDdPUm6a8
- Adapted Yoga
 - https://www.youtube.com/watch?v=Dq1XBAkIZEM (lovely clip of children with movement difficulties
 of varying degrees all doing this in their own way together).
 - https://www.youtube.com/watch?v=EVQcgYQyzz0 (a short 10 minute clip more geared at young people/adults, simple exercise workouts from wheelchairs).
 - https://www.youtube.com/watch?v=dnwHDN6Dw7Q (child friendly, motivating and exciting yoga workout from a chair)
- TAC PAC music and sensory programme, available to download for free (usually £55) until June 2020.
 https://tacpac.co.uk/product/set-5, at the checkout add the code 8Q7A3TXS. Go to www.facebook.com/TacpacLtd to watch short "how to use" video.
- This page is providing a huge bank of sensory based learning resources http://www.thesensoryprojects.co.uk/covid19-resources
- NHS Lanarkshire physiotherapist have made some stretching videos

Legs: https://www.facebook.com/NHSLChildrensPT/videos/507097346634597/
Arms: https://www.facebook.com/NHSLChildrensPT/videos/910332359485459

- Supporting communication skills: https://www.callscotland.org.uk/blog/covid-19-support-for-all/
- AAC live activities and sessions: https://www.facebook.com/proloquo2go (although these focus on use of the app proloquo2go, children using any AAC device will find these sessions useful).

Key Contacts

- Your School Contact is your main contact at this time, if you have queries but unsure who to ask, they can help or direct you.
- •Westmarc 0300 7900129 Urgent wheelchair issues
- •Occupational Therapy 01387 244470
- •Physiotherapy 01387 244581
- •Speech & Language Therapy –
- 01387 244530
- •Orthotics 01387 244522
- •Community Children's Nursing 01387 220010

We would like hear from you

- If you have any thoughts of what would be useful for you and your family? please let us know
- •Have you found some helpful resources come up with some great ideas, which may be helpful to share with other families

Please share with us