






# 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. 
  - If your child has splints/orthotics/lycra suits it is really important that these are still worn as part of their daily routine. If you are worried about how they are fitting, please get in touch.
- **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](https://www.youtube.com/channel/UCRADpSAjYz7Uosobi0eQv_Q) Online inclusive movement programmes including wheelchair based movement sessions; aimed at neurological disabilities
  - <https://www.pacesheffield.org.uk/activemovement/?fbclid=IwAR2HidsxRPLI4wwMoBhp-Bk63OeSAyWmhwoulheBylitvcBMPgnDdPUm6a8>
  - Adapted Yoga
    - <https://www.youtube.com/watch?v=Dg1XBAkIZEM> (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](http://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**