

## The MOVE Programme FAQs

### What is the MOVE Programme?

The MOVE Programme (MOVE) is an activity-based practice that helps disabled young people 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.

### Who is it for?

Anyone who has not learnt the skills of independent sitting, standing, walking, and/or transferring, regardless of their age or disability.

### Where is it done?

Everywhere! MOVE is designed to take place during daily activities in regular environments, such as the home, school, respite and day centres.

### Who uses MOVE with the individual?

MOVE is used by the whole team around the individual. In a school setting, the core MOVE team would be family and carers, teaching staff, physiotherapists, occupational therapists, support staff etc.

### What does a typical day on MOVE include?

The individual's regular day but with every opportunity for movement practice taken advantage of! Skill practice should happen during daily activities, such as sitting at the arts and crafts table, standing to help prepare a drink or walking from the bus into school. MOVE is not an 'add on' to the day, it happens naturally.

### How is equipment used?

MOVE can be used with a range of mobility aids. Equipment should always be used to encourage active movement, so it should be used for the shortest possible time and provide the lowest amount of support needed. The aim is to reach the point that they only have what they absolutely need, which looks different for each individual.

### How do is progress measured?

Progress is measured by assessing an individual's level of functional mobility. The Assessment Profile is used with reference to the MOVE Manual to plan how support will be adjusted and to assess functional mobility annually, which provides a visual representation of progress over time.

## Who coordinates MOVE?

MOVE Europe is the charity that coordinates MOVE across the UK and Europe. We work in 140 settings in the UK and have hubs of activity in Denmark, Austria, and Germany.

## Can I see MOVE in action?

You are welcome to visit any of our Centres of Excellence across the country, who have been recognised for their high standard of MOVE provision. Contact the MOVE Europe team using the details below to arrange a visit.

## How do we start MOVE?

To start MOVE, you will need to attend a Senior Practitioner Training course. MOVE Europe offers the below training options:

- **In-house Practitioner and Senior Practitioner Training:** delivered in-person or virtually to your school by a MOVE Associate Trainer, this training package allows you to train up to 20 staff members and also includes your first year of MOVE Membership, access to our online resource area and all the materials you need to embed MOVE.
- **Open Senior Practitioner Training:** delivered virtually for a group of schools by a MOVE Associate Trainer, this training course allows you to train up to 4 staff members. MOVE Membership and training materials are an additional cost.

By the end of Senior Practitioner Training, attendees will be able to:

- Implement the Six Steps of MOVE
- Correctly assess and record progress using the Assessment Profile
- Plan for the adjustment and reduction of support over time
- Co-ordinate MOVE in their own setting

## How can I contact MOVE Europe?

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