

Case Study - Amelie

Amelie, age 6 who attends West SILC in Leeds has global development delay, spasticity affecting her limbs and instability of her trunk and leg muscles. The combination of her disabilities meant that before she started on the MOVE Programme Amelie was unable to feed herself and drank from a bottle. She was frequently distressed and became upset every time she experienced a change of position. She had limited head control and assessment showed that she was not using her vision functionally. Her favourite position was sitting on an adult's knee or laid on the floor with her legs in a frogged position as this was most comfortable for her. Her interaction with objects was limited to a familiar shaker and a handmade toy which she was able to hold and put to her mouth.

When Amelie started on the MOVE Programme personalised goals were set with her family which were broken down and worked on at every opportunity during the day. These goals included: standing in a standing frame for 45 minutes daily to help Amelie to learn how to take her own weight, and to be able to feed herself.

After gaining access to the MOVE Programme Amelie has undergone a huge transformation. She has developed into a happy and contented little girl who is more involved in the world around her. She now enjoys playing interactive games like 'I went to the barbers shop', and she can now tolerate a range of different positions, although sitting on an adult's knee remains her favourite!



Amelie's mobility has improved so that she can now hold her head up independently whilst in supported seating. She has reached one of her goals by learning how to reach for a spoon and pull it to her mouth and she can also drink from a spouted cup. When on the floor she can sit in a cross-legged position and she has improved balance which has enabled her to begin to take steps in her pacer (a supportive piece of equipment). In addition to her new skills Amelie's health is also improving, as she is more active her vision has developed so that she can now see a bright object within arms reach.

Amelie has made such fantastic progress she is now working towards new goals which include: improving her head control further which will allow her to communicate and interact more effectively with the world around her, extending her hips and knees to help with her stepping and moving across the classroom in her pacer.

Amelie's teacher Sarah Riley says that *"with MOVE's help Amelie can now lift her head to look at the things shown to her which has made a huge difference to her quality of life because it has helped her to use her vision and because of this she can now make eye contact and is finding she can get adults to do what she wants by reaching and looking rather than crying."*

