

## Case Study - Katie, age 10



Katie came to Drummond school in Inverness at 3 years old. She was very tight, her hands remained in a clenched position, and she could not hold her head up. Katie spent the majority of her time restricted in a wheelchair and she was unable to do anything for herself and was fully dependent on others. She had a programme of stretching exercises to do on a daily basis, but no opportunities to develop independent sitting or standing etc.

Since being on the MOVE Programme, Katie has become happier, more confident and smiles a lot more. She's a very sociable girl, and loves to be out in the corridor shouting to other pupils and staff. Katie now holds her head up well and is now able to sit on the floor unaided and when assisted she can stand for 30 minutes, not only improving her mobility but also boosting her sense of achievement.

Katie can now use her hands to operate switches and hold objects. She can even pick up small objects in her hand and release again. She loves to hold out her hands to show us her beautifully manicured and painted nails!

Katie is rarely ill, and really enjoys being at school. She can now be very noisy and communicates well, raising a hand to signify her choice of activity.

Because Katie's weight bearing has improved so much, she is no longer hoisted from chair to chair, and can transfer with the use of a turntable and support from staff. She also can now sit in the chair to go into the swimming pool, and no longer needs to be hoisted. She loves being in her pacer as it gives her independence, and now she is often out of the classroom exploring the school. When getting changed for swimming, she sits on a chair with support from a member of staff, and can weight bear with help, when necessary which means she can help with the changing of her clothes. Katie loves to know that she is helping when she is doing all these tasks.

Katie's mum Dina believes that *"you should never say never!"* She became frustrated with doctors who continually told her that Katie would never walk and commends MOVE's positive ethos.

Katie has great fun with her brother. She likes to kick out with her legs and Craig pretends to fall over. As a family, it is much easier to go out as Katie holds her head up so well now when in her chair and her parents are delighted with her progress!

As Maggie Roger, Katie's PE Teacher comments *"Katie tries so hard and her progress has been wonderful in such a short time and she is now more able to express her likes and dislikes and voices her opinion in her own way"*

