

## Case Study – Ami’s story by her mother, Karen.

Ami, age 14 from Kent has been lucky enough to be part of the MOVE Programme conducted by the team at St Nicholas School, Canterbury, over the last six years. Ami has Maple Syrup Urine Disease (a rare metabolic condition, classified as life-threatening) and was small and not very mobile before she began on MOVE. She was very interested in what other children were doing but did not have the confidence to join in. Ami has always been cautious and has a real sense of danger including the fear of falling. However, during her time on the Programme we have seen Ami’s mobility and confidence improve dramatically beyond hers and our wildest hope!



Accessing the MOVE Programme has given Ami the knowledge that it is possible for her to learn how to move as she is taught regularly in a safe environment that she knows. MOVE gives her the opportunity to test her boundaries; Ami trusts her care team and knows that they will not ask her to do anything that she cannot do. She practices moving and then thinks ‘yes, I can do this’, and her new confidence overflows into our family life. It’s wonderful to see her enjoying herself

She now expresses an enthusiasm to explore her environment (both indoors and outdoors) and uses her increasing mobility to do whatever she wants. When she uses her walking frame, she is given her independence and will no longer accept being pushed around in a buggy. Ami will do things alone if she can, like using stairs and opening and closing doors. She knows she can do it so she will. Whenever she is on the move you have to get out of her way as she stops for no one!



Ami’s goal was to go on a family holiday without equipment. We went to Florida. We took Ami’s buggy just in case and lucky we did, because how else would we have carried all the bags and the water?! Ami didn’t sit in it once...!