

# MOVE for Children



## Measuring the Change in Mobility Skills after One Year on the MOVE Programme

### Background

Our Sponsor a Child Programme enables us to measure the annual progress made by individual children on MOVE.

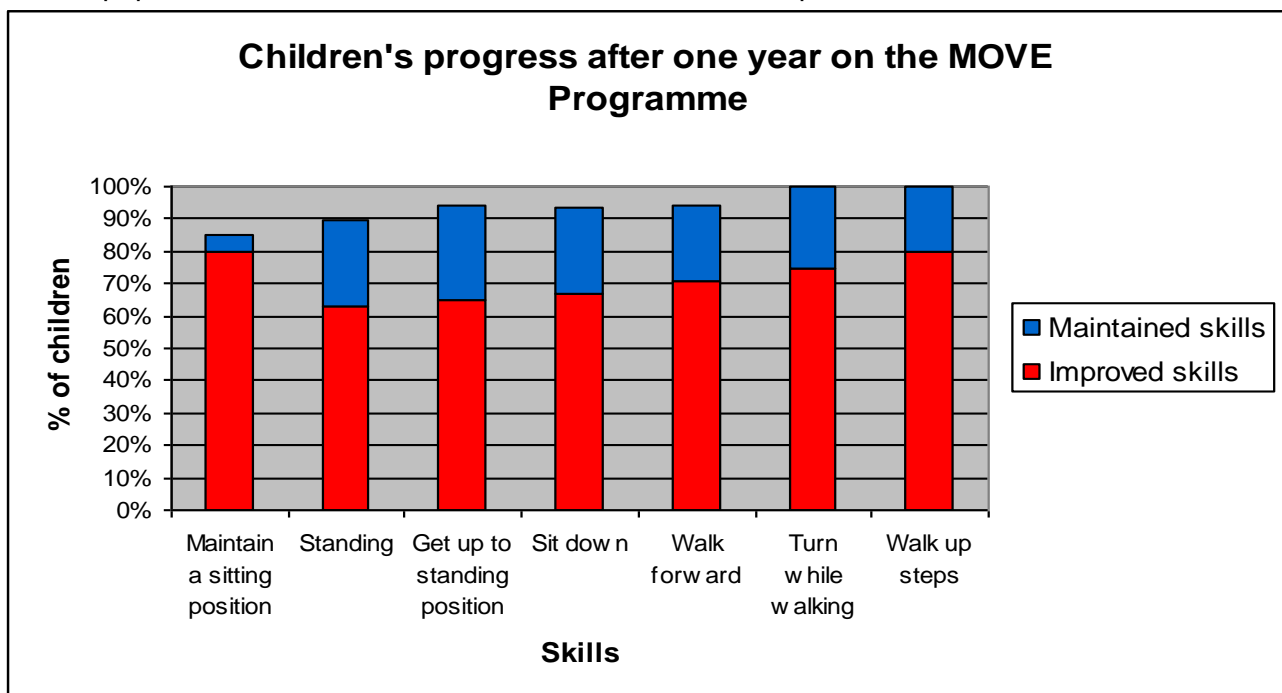
We are currently collecting data on 47 children with complex disabilities or health needs with 22 having been on the programme for more than a year. The initial results are very positive and we expect this to increase the longer the child remains on the MOVE Programme.

### The measurement

The MOVE Programme measures 16 'motor milestones', practical life skills that are important for a child's independence and inclusion now and in the future. The skills range from sitting to walking down slopes and each child will be working towards different skills depending on their needs and personal goals. It is important to remember that MOVE is not about 'one size fits all'; rather that it works with each child to help them to reach their own unique potential.

### Key findings

For this paper we have focused on seven milestones which represent basic to advanced skills:



- Each child has progressed in at least one skill
- An average of 94% of children have managed to either improve or maintain in each skill.
- The greatest progress has been made in the skills of turning whilst walking and walking up steps with 100% of children either improving or maintaining these skills.
- Of those children maintaining their skills, a number have degenerative conditions. The fact that they are able to maintain existing skills qualifies as an achievement in itself.
- Of those children that have reduced in some skills, a number have experienced health complications during the year.

### Further information

For further information regarding our Sponsor a Child Programme or any aspect of MOVE please contact Conchita Garcia on 020 7403 6382 or email [conchita@move-europe.org.uk](mailto:conchita@move-europe.org.uk).