

# MOVE In Transition Pilot results summary



Vodafone  
UK  
Foundation

## Measuring Quality of Life for Transition Years May 2007

### Background

MOVE in Transition, our three year pilot study supported by The Vodafone UK Foundation, aimed to evaluate the benefits of providing MOVE to 16-25 year olds with severe disabilities and complex health needs.

The original MOVE Programme was adapted to take into consideration factors affecting this group, and the materials and training revised accordingly. Evaluation of the young adult's quality of life took place with an assessment carried out by a member of their MOVE Team at the beginning of the pilot and at the twelve month stage.

The pilot was split into two:

- Those who had previously been on the Programme – to evaluate whether continued participation could reap future benefits for the young adult, and
- Those new to the Programme – to evaluate whether benefits could be seen in those participants starting the Programme as young adults

The original number of young adults participating was seventy; however this number decreased as some participants left their participating Centres, a number of participants had to cease their involvement due to ill health and one died. Fifty-one young adults completed a year on the pilot.

Due to the staggered nature of the pilot, intakes were accepted at different phases, and therefore we are still awaiting the twelve month results of twenty-three young adults. This summary therefore relates to the twenty-eight young adults who have reached the 12 month stage of the pilot. Seven of the participants were new to the Programme and nineteen had previously participated in the Programme for children. Of the outstanding twenty-three young adults, eleven are new to the Programme and nine have participated on MOVE for Children. Once the new assessments are received, the results will be included in the overall pilot evaluation.

### Criteria

The criteria assessed were split between health and social inclusion categories. Health focussed specifically on the participant's breathing, circulation, digestion, strength, co-ordination and overall well being. Whilst the social inclusion category looked at the young adult's interest in and ability to communicate, to socially interact, to develop friendships with peers and to express choice, as well as independence, happiness and overall quality of life.

### A summary of our findings show:

Participants who experienced improvement in at least one area assessed	100%
Participants who have experienced improvements in both health and social inclusion areas	86%

Results split between those who had previous experience of MOVE and those new to the Programme show:

	New to MOVE	Previously on MOVE
Participants who made an improvement in the health categories	75%	85%
Participants who made an improvement in the social categories	100%	90%

The greatest improvements were seen in the social inclusion category, with those new to MOVE making the biggest improvement (an average of 80% per area assessed), whilst 67% of those previously on the MOVE Programme showed improvements in each area. The most notable improvements in the social inclusion category were made in the areas of ability to and interest in communicate/ing and ability to make friends with their peers.

An average of 47% of existing participants showed improvements in each of the health areas assessed. This rose slightly to 57% of those new to MOVE. Health complications and degenerative conditions were the causes for some young adults showing no change or decreases. However, for young adults with degenerative conditions, no change can also be seen as maintenance - an achievement in itself.

Equally the improvements in a small number of specific areas were low, skewing the overall results. The low levels of improvements could have occurred because they were high to begin with or they were hard to measure. An example of which is the improvement in circulation (21% for those continuing on MOVE and 13% for those new to MOVE).

The last part of our assessment was in questionnaire form, answered by each member of the MOVE Team around the young adult. The first three questions focussed on the young adult, and the last three looked at the effect of MOVE for the team member. The results of the 100 team members caring for the young adults show that:

Participant:

- 96% strongly agreed that MOVE has given the participant more control over their body (a further 2% were not in a position to answer)
- 91% agreed that MOVE has increased the participant's involvement in decision making (a further 7% were not in a position to answer)
- 95% agreed that the participant is now more involved in their learning (a further 5% were not in a position to answer)

MOVE Team Member:

- 91% agreed that through MOVE equal weight has been given to the views of each member of the team. (a further 8% were not in a position to answer)
- 94% agreed that MOVE has helped to achieve collaborative working. (a further 6% were not in a position to answer)
- 98% of those able to comment agreed that MOVE has improved the quality of life of the family/primary care giver.

#### **Some comments from the MOVE in Transition teams:**

*"I do feel the MOVE programme has improved Kevin's chances of a more active life and I do hope it will continue in the future". – Parent/Carer*

*"MOVE has meant that Beth has become much more aware and responsive to her environment. She is able to communicate and interact with the world around her far more effectively as a result". – Staff Member*

*"This is a fantastic scheme which is common-sense, is an active part of our Centre's life and we work together health/education for the common good and to do our very best for all the pupils". – Therapist*

*"Jackie's self esteem has improved since being on the MOVE Programme especially at personal care time as she now stands herself". – Staff Member*

*"I feel that MOVE is a great vehicle for all our students at every level. Great results are achieved when the programme is followed. MOVE has brought teams closer together with shared goals & focus".. – Support Staff team member*

*"MOVE has been very beneficial to the health & well being of the pupil. He has very little natural movement but has developed well despite this, through head control, visual skills and limb movements". – Staff member*

## **Closing Comments**

From the results it is evident that young adults using the MOVE programme experience a number of health and social benefits.

Young adults new to the programme experienced slightly more benefits than those continuing their participation on the programme. This was to be expected, as those continuing on the programme had already made significant improvements through the MOVE for Children programme.

This study shows that continuing on MOVE into adulthood is not just about maintaining benefits experienced through the MOVE for Children programme, but that added benefits also occur. Equally, starting the MOVE programme at the age of sixteen results in benefits.

If these young adults are to lead the healthiest and most socially inclusive life possible, it is essential that they have access to the MOVE Programme.

In addition to this, we can see that the large majority of those in the MOVE team also benefit from the Programme, with improved collaborative and team working, and an improvement of the quality of life of the family or primary care giver.

The support from The Vodafone UK Foundation has enabled us to provide MOVE to this group of young adults in Transition, something that has never been possible before.

The results clearly demonstrate that severely disabled young adults should not be forgotten simply because they leave school. Due to the overwhelming success of this pilot study, MOVE is now available for Adult Training Centres throughout the UK to help adults now and in the future.

## Appendix 1

### Results for those who had previously been on the MOVE Programme

#### Health

Participants who made an overall health improvement	85%
Participants who made an improvement in their breathing	42%
Participants who made an improvement with their circulation	21%
Participants who made an improvement with their digestion	32%
Participants who made an improvement with their strength	56%
Participants who made an improvement with their co-ordination	63%
Participants who made an improvement to their well being	70%
<b>Average</b>	<b>47%</b>

#### Social

Participants who made an overall social improvement	90%
Participants who made an improvement with their communication	90%
Participants who made an improvement with their social interaction	75%
Participants who made an improvement in their ability to make friends with peers	70%
Participants who made an improvement with their ability to express choice	80%
Participants who made an improvement with their self-esteem	63%
Participants who made an improvement with their independence	65%
Participants who made an improvement with their happiness	45%
Participants who made an improvement with their quality of life	45%
<b>Average</b>	<b>67%</b>

## Appendix 2 - Results for those young adults who were new to the MOVE Programme:

### Health

Participants who made an overall health improvement	75%
Participants who made an improvement in their breathing	50%
Participants who made an improvement with their circulation	13%
Participants who made an improvement with their digestion	63%
Participants who made an improvement with their strength	75%
Participants who made an improvement with their co-ordination	88%
Participants who made an improvement to their well being	50%
<b>Average</b>	<b>57%</b>

### Social

Participants who made an overall social improvement	100%
Participants who made an improvement with their communication	88%
Participants who made an improvement with their social interaction	75%
Participants who made an improvement in their ability to make friends with peers	100%
Participants who made an improvement with their ability to express choice	88%
Participants who made an improvement with their self-esteem	63%
Participants who made an improvement with their independence	75%
Participants who made an improvement with their happiness	63%
Participants who made an improvement with their quality of life	88%
<b>Average</b>	<b>80%</b>