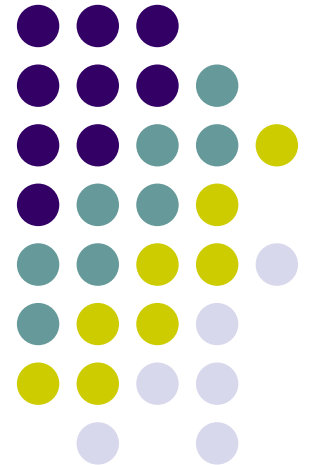


# Movement and Mobility Suggestions for Care Givers' Level I Training

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AADI-SAARTHAK



# What will we learn in this module?



- What is movement?
- Why do we move?
- What happens if we cannot move?
- What makes safe movement possible?
- What are the types of movement?
- What comes in the way of movement?
- How to help people to move so as to be as independent as possible in all areas of their life?
- How do we ensure that when people move they do not get hurt?

# What will we be able to do after this module?



- You would be able to recognise the abilities of people with disability
- You will be able to learn how to ensure safety while supporting movement
- You will be able to learn how to ensure dignity and choice and not make the person with disability helpless and dependent
- You will learn to how find out how much support a person requires

# What will we be able to do after this module?



- You will be able to provide support to people when they move during their day to day activities like
  - Looking after their own body functions and hygiene
  - Changing their posture
  - Getting ready for the day including choosing clothes, getting dressed and undressed
  - Preparing their own food
  - Eating
  - Cleaning their surroundings
  - Receiving guests
  - Spending their leisure time at home

# What will we be able to do after this module?



- You will be able to provide support to people when they move during their day to day activities like
  - Getting ready to go to bed
  - Going out of the home
  - Helping them to board a transport
  - Helping them use a wheelchair
  - Helping them go their workplace/school
  - Settling them in their workplace
  - Helping them negotiate visits to public spaces
  - Helping people look after their health

# Who should teach this module?



- Preferably a therapist
- Working in the framework of rights and functioning
- Or any person who is a disability professional who has trained on the issues and practices skills of supporting movement with inputs about rights and functioning



# The structure of this module

- This module is divided in to three parts
- In the first part you will learn basic skills to understand movement: its uses and limitations
- Then you would learn basic skills to support movement of people in their everyday life
- The third module is to integrate the skills of supporting movement with skills of supporting other functional activities like personal care, health, work, education etc
- The first two modules will be covered in the first month of the program and the third will happen parallel to the other modules



# Activity: The Shadow

- Divide the group into two teams
- Two people (one from each team) come to the centre
- One team performs actions to depict what is written on the chit that they picked out of the box (Chits depict different daily activities)
- The second person acts as their shadow
- Both the teams try to guess what was written on the chit
- The team that guesses first gets points



# Debrief



- All activities in our every day life require parts of the body to move

# Lesson 1: What is movement?



- Movement is a series of activities which help the person explore and interact with their environment and live independently it includes changing body position (including facial expression) or location; carrying, moving and handling objects



# Watch people on television

- After watching television for five minutes
- Ask what was it that was common to all in what they saw
- Debrief
- Every one moves all the time
- Some people move with support
- Some do without support
- Show a film pause it ask what is the person who is about to do something, how will their life be affected now that they cannot move
- Debrief All their needs will be stopped
- Rewind the film and play it slow motion
- Get them to identify what parts of the body of the person move in the activity that they are seeing
- What is happening to the other parts?
- What other functions of the body are involved to make the movement possible?
- When we move one part of body the rest of the body adjusts to it
- When we move, we also think about movement

# Lesson 2: Why do we move?

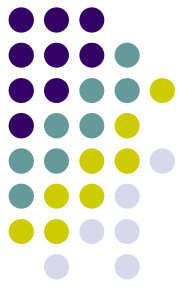
## What happens if we cannot move?



- We move to express ourselves
- We move to explore and interact with our environment
- When we move we fulfill our needs and fulfill our potential
- Sometimes our need for movement is beyond our capacity and then we need support for moving
- When we cannot move we feel helpless
- When we cannot move we find it difficult to fulfill our needs
- When we cannot move our environment controls us and limits us

# Lesson 3:

## What makes safe movement possible?



- Sometimes movements are automatic and there is little thinking and other times movements are after thinking
- We move because of muscles. Muscles can contract and relax. Movement happens because some muscles contract (shorten) and others relax (lengthen).
- Muscles are controlled by brain.
- Some of the movements is across joints
- Some movement specially of face and eyes is not across joints
- For the movement to be safe it has to be balanced
- Movement is naturally limited by range of the motion of the joint
- Movement is also limited by weight, pregnancy, condition of muscles, bones and pregnancy

# Suggest an Activity



# What are the types of movement?



- Most joints have four kinds of movement
- Towards the midline of the body
- Away from the body
- Forward
- Backward
- Some joints also show rotation as a movement

# What comes in the way of movement?



- Suggest the Lessons





# Supporting people to move

# Common Limitations to people's movements



- The space is not right
- Person is weak
- The range of motion is decreased
- The power of the muscle is low
- The muscles are too tight
- The balance is not right
- There are unnecessary movements
- The method of support is not right
- Person is not motivated
- Person is not able to solve problems and assess risks

# How do we ensure that when people move they do not get hurt?



- Know how people get hurt
- Prepare the person for the task
- Prepare yourself for the task
- Prepare the space for movement
- Prepare the equipment for movement
- Recognise the level of support that they would need
- Recognise the kind of movement that would help

# Before you support movement: Must Do



- Remember the Person with disability has a choice
- Give information about the movement
- Seek Permission
- Confirm whether the person is comfortable
- Do not do anything suddenly

# Skills for supporting movement: Know and Prepare Yourself



- Know your own strength and skills
- Do you have a back problem?
- Do you have weak bones?
- Do you have weak muscles of the abdomen or hernia?
- Have you had training in moving people?
- Do you know what to do and what not to do?
- Have you moved people with someone watching over you?
- Do you know what is the best plan for helping the person move?

# To move people you should do the following



- Bend and fix your knees
- Give yourself a wide base
- Remove any loose clothing
- Cut your nails
- Secure your hair if they are long
- Remove any sharp objects, dangling jewellery, mobile phone
- Wear footwear that do not slip and are not high heeled
- While lifting heavy people or objects seek support of another person
- Try not to bend from your waist while lifting heavy people

# Ensure that the space is right by:



- There is enough space for movement
- The floor is dry
- The floor is not slippery
- There is enough light
- There are loose electricity connections
- There is enough air and the temperature is right for the activity
- The person is appropriately dressed for the activity

# Before the support: Know the person



- What is the ability that the person has for the movement?
- How does the person communicate about their needs and discomfort?
- What is the limitation that person is facing in movement?
- Do you know how to involve the person in the movement?



# Know how to support the movement of the person



- Know the purpose of the movement
- Know the plan for the movement including the aids that may help the movement
- Again Check and ensure safety of the space
- Again Check the preparedness of the aid
- Share the plan for the movement with the person with disability
- Prepare the person to be in a comfortable and safe posture and position for the movement

# Good Posture and beginning to move



- Do
- Keep the head at a forward angle to the body
- Make sure that person is in a centred position (not leaning to any side)
- Ensure that the hands are in midline (in the lap)
- Fix the position of the Hip so that the person does not slip while getting up
- Feet touching the ground as far as possible
- While moving one part remember the other parts of body may move as well. Keep an eye on the whole body. Not doing so could lead to person being accidentally hurt

- Do not
- Let the head fall back, the person is likely to hurt himself if it moves back suddenly
- The person during a seizure as long as the person is in a safe position. If the person is unsafe, do move them or make the place safe.
- Make people walk with gaiters
- Overstretch a muscle
- Stretch a muscle passively for people who can do active movements
- Force people to bear weight or to walk when their impairment does not allow them to do so
- Make people move against the natural posture or limitations that they have

# How to help people move so as to be as independent as possible in all areas of their life?



- Movement is not without purpose
- These are the situations in which people have to move
- Children
- Adults

# Children



- Looking after their own body functions and hygiene
- Changing their posture
- Expressing one self
- Exploring new things, shapes, sounds, texture, taste, risks, situations, actions and people
- Getting ready for the day including choosing clothes, getting dressed and undressed
- Eating
- Learning to sit, maintain and change a posture
- Cleaning their surroundings
- Playing alone indoors
- Playing outdoors
- Playing with people
- Spending their leisure time at home
- Getting ready to go to bed
- Going out of the home
- Helping them to board a transport
- Helping them use a wheelchair
- Helping them go their school
- Settling them in their scholl
- Helping them negotiate visits to public spaces
- Helping people look after their health

# Adults



- Looking after their own body functions and hygiene
- Changing their posture
- Getting ready for the day including choosing clothes, getting dressed and undressed
- Preparing their own food
- Eating
- Cleaning their surroundings
- Receiving guests
- Spending their leisure time at home
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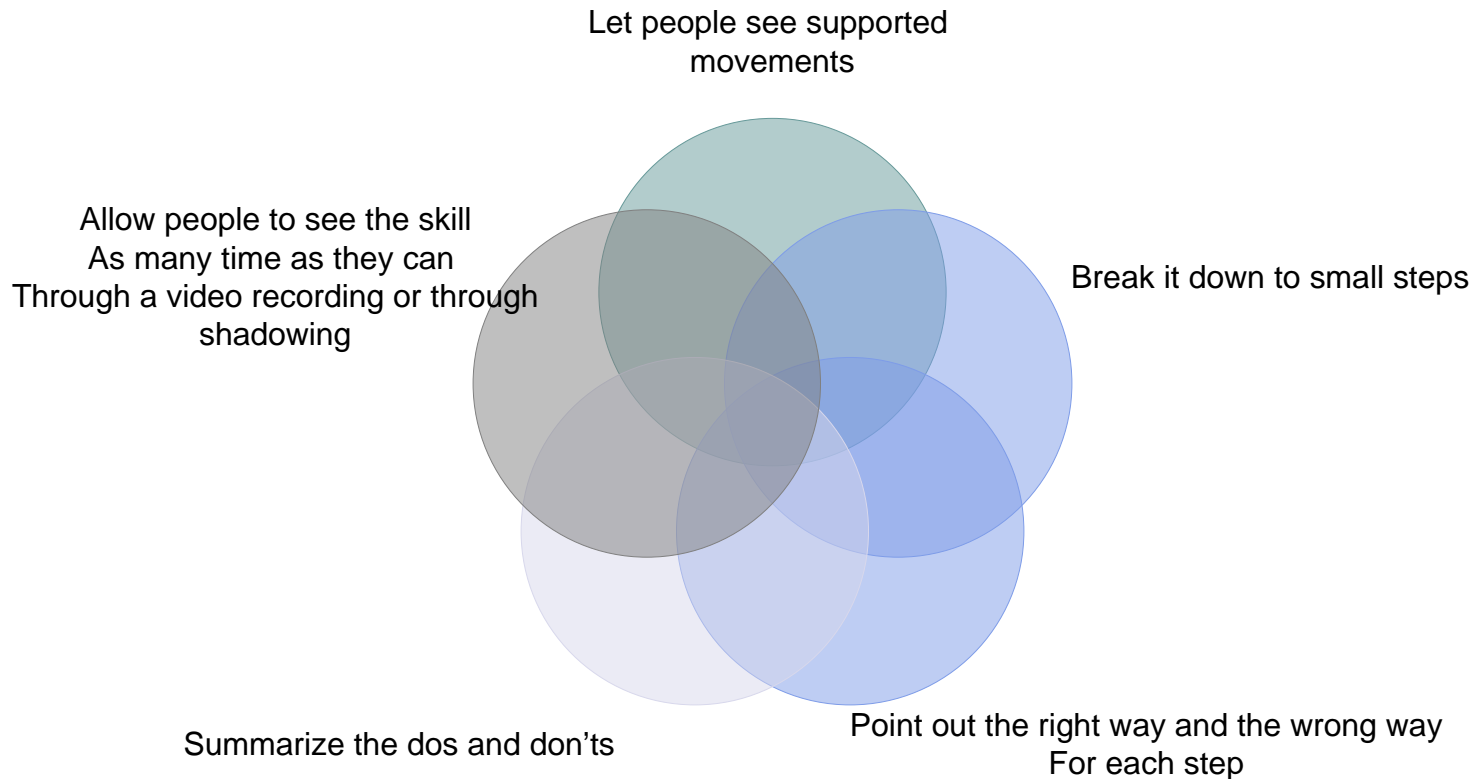
# Key Areas of Skills of supporting movement the usual situations



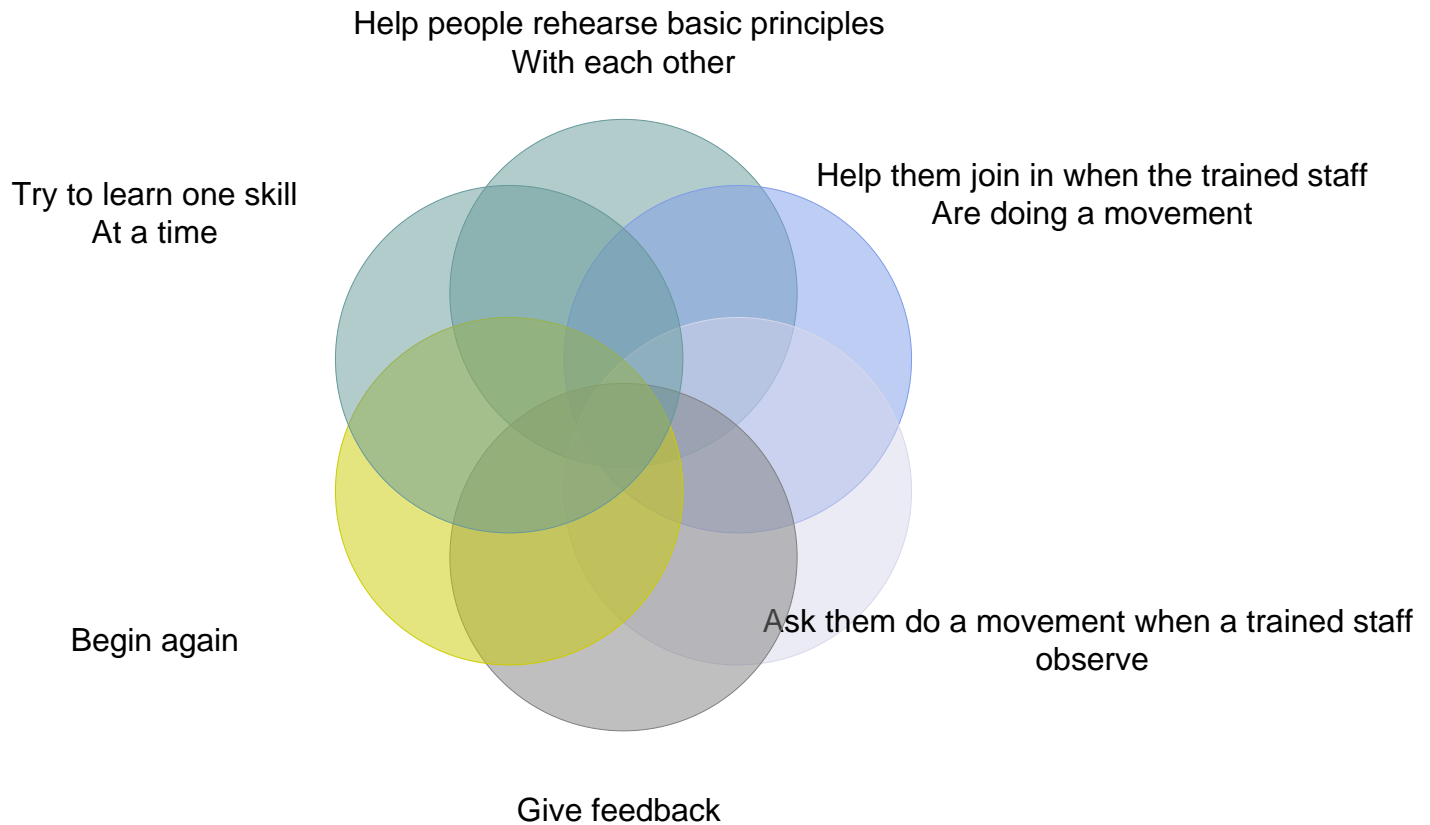
- Preparing yourself, individuals, environments and equipment for moving safely
- Enabling individuals to move from one position to another
- Skills for helping individuals to maintain mobility with in home environment toilet change of postures on bed
- Skills for helping individuals to maintain mobility out of their home
- Skills for helping individuals to maintain their present level of mobility
- Skills for supporting individuals to make journeys.
- Skills for supporting in planning journeys and accompanying on journeys.
- Skills to enable individuals to negotiate specific environments like public spaces.
  - Support individuals to assess their ability to negotiate specific environments.
  - Support individuals to negotiate specific environments.
  - Observe and contribute to the evaluation of mainstream spaces for accessibility

# How to teach a skill?

## Demonstration



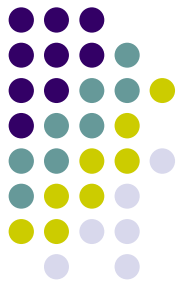
# Learning and Applying a skill





# Take Extra Care for

- Deteriorating Conditions
- Tendency for fractures
- Support for head
- No sudden movements



# How to provide support when the muscle power is weak?



- When the muscle power on both sides of the lower limbs is weak the person is unlikely to support their weight against gravity
- When the muscle power is weak on one side of the lower limb, The body tilts towards the healthy side
- The upper limb strength also decreases as often the lower limb
- Weakness of muscles means that you would have to bear the weight and that you would have to use your body as a pivot around which you transfer the person
- Aids likely to help are
- You should be careful about

# How to provide support when the muscles are tight?



- All or some muscles may be tight at the same the same time
- Tight muscles mean that the joints have restricted movements
- Tight muscles on one side could mean that the person leans on one side and that you would have to counter balance the person
- Tight muscles could lead to contractures which must be prevented



# **Accompanying Hand Outs for suggestions for demonstrating positions and transfers**