

# **MOVE**<sup>®</sup> (Mobility Opportunities Via Education/Experience) **QUICK FACTS**

## **History**

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Developed in the 1980s by a special education teacher, D. Linda Bidabe in Bakersfield, CA for school age children with significant motor impairments. In the early 2000s, a pilot study was done by Drs. Keith/Stacie Whinnery at Chesapeake Care Resources for adults with development and motor impairments. This pilot proved that the MOVE Program was beneficial regardless of age.

## **What is it?**

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An activity-based program that combines therapy with an instructional process designed to help individuals acquire increasing amounts of motor skills needed for sitting, standing, walking and transitioning.

## **Who is it for?**

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Anyone, regardless of age or cognitive level, who is not independently sitting, standing, walking or transitioning.

## **Who does it?**

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The MOVE Program is meant to be implemented by family members, teachers, therapists, paraprofessionals, direct support staff, etc... All training on how to use the MOVE Program is arranged through MOVE International

## **Where is it done?**

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The MOVE Program is designed to occur in all environments i.e. schools (regardless if they are center-based or general education sites), adult day programs, assisted living communities/nursing care centers, the home, and the community.

## **What does a typical day include?**

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The individual practices sitting, standing, walking and transitioning during naturally occurring opportunities throughout the day. Wheelchairs are only used when needed for transportation and walking long distances in the community.

## **What type of equipment is used?**

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Depending on the individual, common everyday furniture, adaptive chairs, mobile standers, forward leaning walkers, and transitioning devices. The hope of the program is to reduce the amount of equipment an individual needs as they become more mobile and independent.

## **How do you document progress?**

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The MOVE Program includes an Assessment Profile for documenting progress and a Reference Manual . Included in the Assessment Profile is a comprehensive TOP-DOWN MOTOR MILESTONE TEST<sup>®</sup> and prompt reduction plan. This allows for easy documentation, goal writing and task analysis.

**What is the scientific basis?**

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Research in the area of brain cell regeneration shows that the human brain has the ability to form new “pathways” over time with numerous repetitions. Activity-based intervention refers to practicing these movements during functional meaningful activities.

**Can I see the MOVE Program in action?**

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There are MOVE Model Sites throughout the United States and in several countries overseas. These sites have been recognized by MOVE International as sites that demonstrate the MOVE Program at an exceptional level. Visitors are welcome at these sites by appointment. Contact MOVE Intl. to visit a site near you.

**How do I learn to implement the MOVE Program?**

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MOVE International hosts two day Basic Provider trainings across the United States. Dates and locations can be found on the MOVE Website: [www.move-international.org](http://www.move-international.org)

OR

A contracted group training can be done right at your site. MOVE International will send a MOVE International to you.

At the completion of a MOVE two-day Basic Provider training, the participants will be able to:

- implement the six steps of the MOVE Program.
- complete a MOVE Profile Assessment.
- choose appropriate equipment to support the individual in a given activity.

**Is there a book that explains the MOVE Program?**

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There is a MOVE Reference Manual that compliments the training and is needed to implement the Program. Full descriptions of motor milestones and Prompt Plans that are found in the MOVE Assessment Profile and explained in detail in the MOVE Reference Manual.

**How do I contact MOVE?**

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**MOVE International**

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