

MOVE™ International

Mobility Opportunities Via Experience

MOVE is a philosophy and a way of life. It's a proven practice that individuals with multiple disabilities can learn to:

SIT to eat, learn, play, and even participate in employment

STAND for activities such as washing at a sink, food prep, and upright toileting.

WALK to move and participate in leisure or complete tasks.

TRANSITION out of a bed or wheelchair and from sitting to standing.



A Division of Center for Disability Services

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History

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?

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?

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

Who does it?

The MOVE Program is a team based approach. It is meant to be implemented by anyone who works with or interacts with the individual. That might include family members, teachers, therapists, paraprofessionals, direct support staff, administrators and more. All training on how to implement the MOVE program is arranged through the MOVE International office.

Where is it done?

The MOVE program is designed to occur in all environments including all types of schools, adult day programs, assisted living/nursing care facilities, at home, and in the community.

What does a typical day include?

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

What type of equipment is used?

Depending on the individual, common everyday furniture, adaptive chairs, mobile standers, gait trainers, and transitioning devices. The goal of the MOVE program is to reduce the amount of equipment an individual needs as they become more mobile and independent.

How do you document progress?

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® and prompt reduction plan. This allows for easy documentation, goal writing and task analysis.



**Scan to view
the MOVE
program in action
at the Center.**



What is the scientific basis?

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 and meaningful activities.

Can I see the MOVE Program in action?

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 International to visit a site near you.

How do I learn to implement the MOVE Program?

MOVE International hosts two-day Basic Provider trainings across the United States. Dates and locations can be found on the MOVE Website: cfdsn.org/move-international

OR

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

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

- Understand the philosophy, principles, and purpose behind the MOVE Program
- Understand and be able to implement the Six Steps of the MOVE Program
- Complete a MOVE Assessment Profile.
- Choose appropriate equipment to support the individual in a given activity.

Is there a book that explains the MOVE Program?

There is a MOVE Reference Manual that complements the training and is needed to implement the Program. 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 can I become a trainer?

After a school or center has implemented MOVE for 1 school year they can identify individuals in their school who excel at using the program and are interested in becoming trainers. They would attend a training that would certify them to teach the Basic Provider course and help them become experts in MOVE at their school or center.



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