

Tip-sheet for caregivers

Activities to keep children and adults with severe disabilities active

WHY?



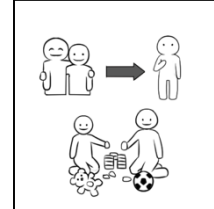
maintain
blood flow



build
muscles



breathe



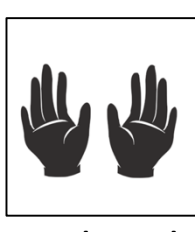
develop



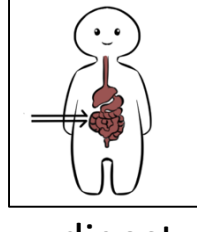
feed



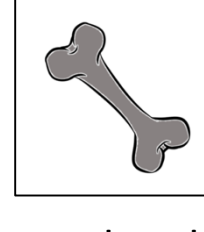
interact



use hands



digest



strengthen bones



sleep

HOW?

✓ The child or adult... performing activities of daily life

X



✓



✓ The child or adult... looking at books or pictures by herself

X



✓



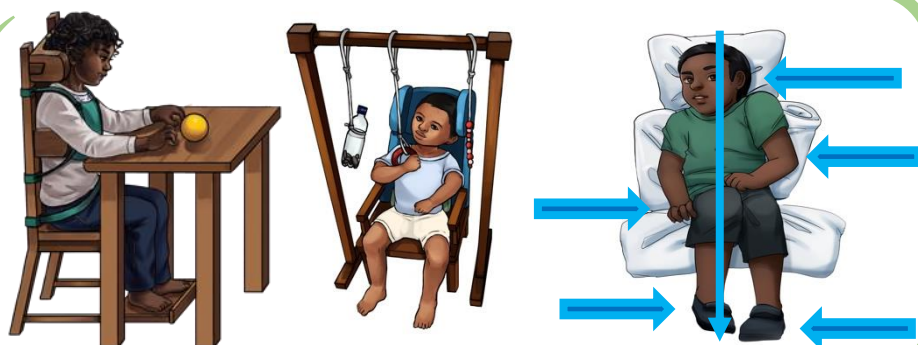
HOW?

✓ The child or adult... playing with toys, using them, having fun

X

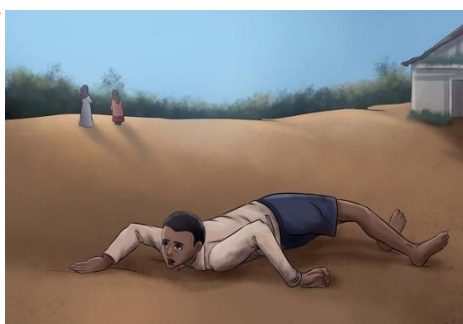


✓



✓ The child or adult... looking around and socialising

X



✓



✓ The child or adult... in a position to learn school activities

X



✓

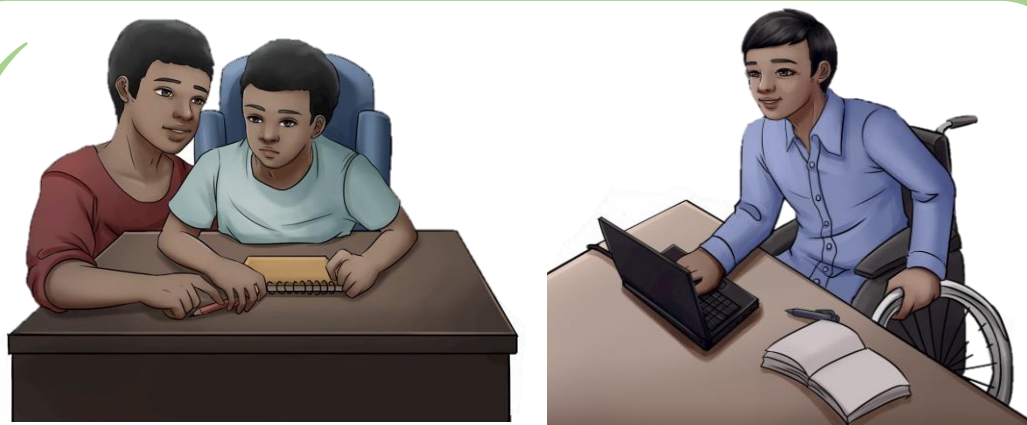


✓ The child or adult... able to work at school/ home

X



✓



NOTES

Sit and move your hands is important to:

- prevent muscles to shorten [other word for contractures: limbs getting stuck ?]
- use your arms and hands
- interact with other people
- understand each other
- keep bones strong
- better sleep at night
- better blood flow to muscles and organs
- keep lungs strong to cough and make sounds
- eat and drink safely without choking
- better bowel movement: less constipation
- experience the world upright and learn from it, enjoy it