

# The MOVE® Program

**MOVE International**  
**1300 17<sup>th</sup> Street**  
**Bakersfield, CA 93301**  
**(800) 397-MOVE**  
[www.move-international.org](http://www.move-international.org)

# What is “MOVE?”

- Mobility Opportunities Via Education
- An international program for children with severe disabilities to acquire increased independence to sit, stand and walk.
- Merger of Therapy and Education

# How Did MOVE Begin?

- **Linda Bidabe a special education teacher for the Superintendent of Schools, Bakersfield, CA.**
- **1986 Pilot Program that ? Why students with severe disabilities were regressing and leaving school with less skills than when they entered.**



# What is the MOVE Philosophy?

- All children learn—no matter how severe the disability.
- All children learn if we know how to teach.
- All children can improve their motor skills if given enough physical assistance.
- All children must be given the opportunity to learn motor skills.

# What is the MOVE Philosophy?

- Children with severe disabilities will reach the level of our expectations.
- Impossible is an option – not fact!



# How Widespread is MOVE?

- The MOVE Program is used in 30 countries
- United Kingdom, Europe MiddleEast, Japan, China South America, Australia
- The MOVE Curriculum is translated into 11 languages



# Why MOVE Works

- Common Sense
- Practical
- Functional
- Activity-Based



## Is There A Book ?

- The MOVE curriculum provides a framework and method to measure the learning of vital skills in sitting, standing and walking.
- The MOVE curriculum allows for easy documentation, goal writing, task analysis and measures skills not easy measured.



# How MOVE Works—Six Steps

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1. Testing
2. Setting Goals
3. Task Analysis
4. Measuring Prompts
5. Prompt Reduction Plan
6. Teaching the Skills

# What MOVE Is—

- A philosophy
- Functional, useful, measurable progress for setting life goals
- A collaborative effort between families and professionals—“It takes a team to MOVE”
- A program for people with a singular disability to complex disabilities
- A program that changes ways of thinking, changes attitudes and promotes inclusive living
- A Structured program based in assessment and accountability
- A top down approach to help develop skills beyond the highest skills an individual already possesses
- A way of life used throughout the day, used anywhere in an activity
- Embedded in existing curricula and activities
- Cost-efficient and effective

# What MOVE Is Not—

- A cure
- A developmental, bottom-up model
- A pull-out, stand-alone program
- Seeking to replace other services
- Solely a therapy
- An equipment-based program
- A meaningless “exercise” program

# What About Equipment?

- Equipment is viewed as temporary. . . . Not a permanent substitute for skills a person lacks.
- Dependence on equipment is continually reduced until as much independence is achieved as possible.



# What About Equipment?

- Equipment is used to “do what?”
- Different equipment for different functional and educational activities.



# What About Equipment?



# MOVE on Horseback

- Independence Saddle developed by former Olympic equestrian



# Active Learning





# Is There Training Available?

- **Basic Provider Training**
  - 1-2 day introductory course on the use of the MOVE Program and Curriculum for anyone who works with children with motor disabilities.
  - Courses available at different sites throughout the year.
  - Contact MOVE International to arrange a Basic Provider training.
- **MOVE Site Trainer Training**
  - 4 day course for teachers, therapists, and other professionals in the disability field to learn how to teach the MOVE Basic Provider training to people within their local employment bases.
- **Both courses taught each year in June at MOVE International – Bakersfield, California**

# Where is MOVE going?

- Expansion is ongoing – India, Egypt etc..
- What about CANADA?
- More MOVE Model Sites
- Adult MOVE Curriculum is now available
- MOVE in Transition (for youths 16-24) from U.K. in 2008





## Resources:

- [www.move-international.org](http://www.move-international.org)
- [www.move-europe.org.uk](http://www.move-europe.org.uk)
- [www.movemiddleeast.com](http://www.movemiddleeast.com)
- [www.rifton.com](http://www.rifton.com)

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