

## FREE Postural Care Training

### Do you support someone who finds it hard to move? If the answer is yes you need to know about Postural Care

People who find it hard to move are at risk of developing changes in their body shape. These changes can make life much more difficult for the person and for those caring for them, they are also preventable.

Postural Care CIC are training people to protect body shape using therapeutic positioning, particularly at night. This form of therapy is very gentle and based on common sense principles.

Night positioning involves using the long hours spent in bed, usually about a third of the year, to gently position the person you support to prevent stresses on joints or even to restore existing problems with body shape. The earlier you start to protect body shape the better – but it's never too late.

We will teach you how and why the body changes shape, pain profiling, how to support problems with temperature regulation, safety planning and help think about how to put the theory into practice.

The course will provide you with practical skills that you can adapt and develop to suit your needs. The course is nationally recognised and accredited at Level 2. It is part of the Qualification Credit Framework – this means you can use the credits you gain to put towards other qualifications. If you do not feel you want to complete an evidence portfolio you can still attend the course, you don't even have to decide whether to complete the evidence until the second day!

All of our courses have been developed with a view to improving the health and lifestyle of individuals affected by movement difficulties. Any person with a movement problem, regardless of their age or diagnosis, could benefit from postural care. For more information about postural care please visit [www.mencap.org.uk/posturalcare](http://www.mencap.org.uk/posturalcare)

if you would like to talk to one of our team please call Sarah on 01827 304 938 or 07729 552 626 – we are a small team so please call the mobile if we are out of the office and we will call you back.

Postural Care CIC are a not-for-profit organisation providing accredited training and support around Protection of Body Shape for people with movement difficulties, such as children with cerebral palsy.

Our work has been developing for the past 15 years and we are very proud of the results achieved by families, self advocates and professionals all working in partnership.

These courses are being paid for by NHS Midlands and East as part of a bigger project called Living Local.



Leicester  
14<sup>th</sup> and 15 November 2012 9am - 4pm  
Orange Rooms  
9 Newarke Street  
Leicester  
LE1 5SN  
<http://www.orangeroomsleicester.co.uk/>

Derby  
20<sup>th</sup> and 21<sup>st</sup> November 2012 9am - 4pm  
Malcolm Street  
Derby  
DE22 8LU  
<http://www.stjamescentre.org/Stjamescentre/>

Nottingham  
28<sup>th</sup> and 29<sup>th</sup> November 2012 9am - 4pm  
22 Forest Road West  
Nottingham  
NG7 4EQ  
<http://www.nottsdeaf.org.uk/>

Northampton  
4<sup>th</sup> and 5<sup>th</sup> December 2012 9am - 4pm  
King's Park Road  
Northampton  
NN3 6LL  
<http://www.actioncentres.co.uk/kings-park>

Lincoln  
8<sup>th</sup> and 9<sup>th</sup> January 2013 9am - 4pm  
Bishop Grosseteste University College  
Lincoln  
Lincolnshire  
LN1 3DY  
[http://www.bishopg.ac.uk/?\\_id=10495&page=1](http://www.bishopg.ac.uk/?_id=10495&page=1)

## Background information

Postural care is a gentle form of physical therapy used to protect body shape. People who find it hard to move, at any age and for any reason, are at risk of developing changes in their body shape. These changes can lead to secondary complications. People who find it hard to move during the day often spend the majority of the night in one position. Over time this position can become obligatory as their body shape may make it even harder to move or difficult to adopt alternative positions. Children and young people are most at risk of developing changes to their body shape because they are growing but gravity never stops having an effect on body shape so postural care works well for adults too. Puberty growth spurts are a particularly risky time as any existing distortion can become exaggerated.

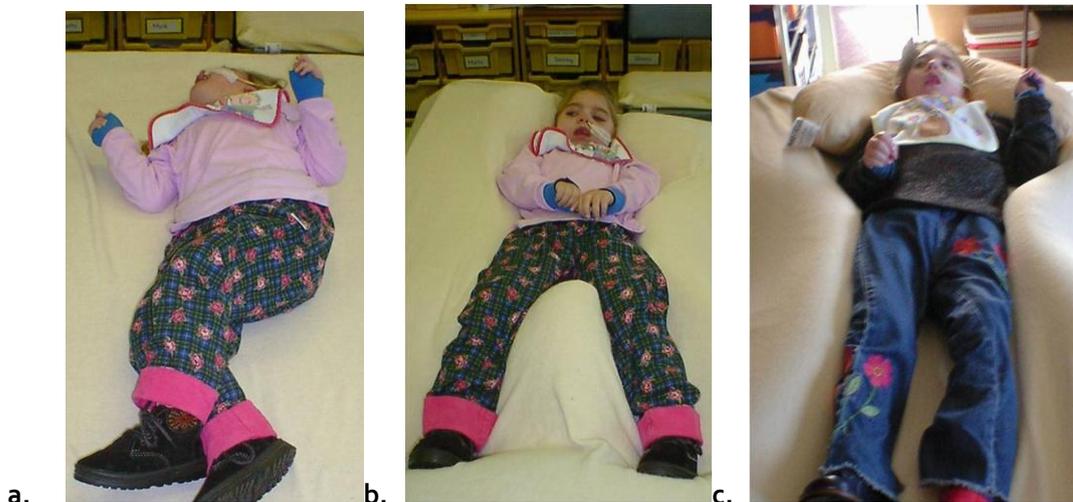
### So what is Postural Care or Therapeutic Night Positioning?

The principles of postural care are very simple. Ideally the person should sleep on their back, knees to the ceiling, pelvis level, sternum central and with their head in the mid line... achieving this position with someone has complex healthcare needs is never easy! One thing to realise, no matter who you are is that there is no need to rush, the greatest successes we've seen are from people that go at the person's pace. If a 10 minute practice session lying on her back is all your daughter can manage at first then celebrate it – the next day you can add a minute or two more. Learning to sleep in a new position is difficult, some people find it easier than others but bear in mind that sleep is precious – so go gently.

### Why is night time positioning so effective?

Because people spend so long in bed! A child for example will spend on average three times longer in bed than they do in school – based on a child with 100% attendance who goes to bed at 9pm and gets up at 7am. Also when people are asleep their tone naturally lowers and they can achieve positions with no harm or distress that they can't achieve during the day. We know postural care is effective because we use measurement of body symmetry – a validated, non invasive method which allows families to check the progress of their child so that they know if they are on the right track.

### Show me someone it has worked for...



### Coleen's Story

Coleen was 6 when the first photograph was taken. She has complex healthcare needs and was unable to balance and relax when lying down. Balance and tone are inextricably linked, if a person can't balance in lying they will not be able to master more complicated skills such as sitting. Coleen had already developed body shape distortion – most worrying was the 7cm difference in the measures from her sternum to the side of her chest – look at the picture, can you see that her chest on the left as you look at the image is narrower than that on the right? In photograph b Coleen is supported with her sternum in the centre of her chest – this is very important when correcting chest shape. Photograph c shows Coleen just 10 months on – her chest now only has a 1cm difference in width either side and her tone is much lower – she has learned how to lie on her back and to balance, an important building block for other skills.



d. A couple of years later and Coleen needed only a very small amount of equipment – including her hippo – it doesn't have to be expensive specialist gear, often the simpler and more familiar the equipment the better.

### What about adults?

These pictures of Tommy are taken two years apart, aged 40 and 42. He has a really big team of personal assistants that support him so a lot of hard work went in to making sure everyone knew what they were doing! Got any questions? Call us, email us, text us, Facebook us – we are here to help.

