

What are advanced Mobility Skills?

The overall aim of the Mobility and Orientation training is to promote the independence, self esteem, and safety of children and young people with a visual impairment. To reach this aim, the child may engage in advanced training. This may include the following:

- Supermarket shopping
- Travel routes to schools, colleges and local shops
- Town and city travel
- Bus, train and tram travel
- Social skills

In some cases the child will be assessed and trained in the use of mobility aids such as the long cane, symbol cane and monoculars.

Mobility officers can also provide programs for children or young people who may only need support at key stages in their life. For example, admission to nursery, transition from primary to secondary education or dealing with issues arising from entry into further education.

If you have any queries, or you would like further information, please do not hesitate to contact us by telephone or email.

“Every child deserves to reach their potential for independence and we as Habilitation specialists will strive to help them work towards that goal.”



Halton VI and Brookfield's School Habilitation Service

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Halton VI and Brookfield's School Habilitation Service for Children and Young people with a visual impairment



Providing guidance
and support to
visually impaired
children and young
people within their
local community.

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What do we provide?

Mobility and Orientation training (MO)

Mobility is the ability to move about safely in a given environment. **Orientation** is a person's awareness of space and an understanding of where they are within it. The development of these skills is essential to build a person's independence and self-esteem and the visually impaired child or young person may need assistance in one or more of the following:

- Sensory development
- Spatial and body awareness
- Trailing techniques
- Body protection techniques
- Sighted guide
- Mental mapping
- Use of environmental clues
- Navigating routes
- Road safety and crossings
- Cane techniques
- Town/city centre travel
- Bus travel
- Train travel



Independent Living Skills (ILS)

Our aim is to ensure that each child or young person develops the skills and means to be resourceful and confident in the sighted world

If age and stage appropriate we can provide advice and training in skills such as:

- Preparing hot and cold drinks and snacks
- Cooking simple meals
- Washing/Ironing
- Menu planning and budgeting
- Shopping

Touch typing (TT)

Children with a VI may find handwriting difficult. Hand-eye co-ordination is required to track along a line not only to write but to read back their work. This may increase tension and fatigue which could be easily resolved with the provision of typing lessons and access to word processing software. Touch-typing removes the need to look for letters as you type and also the constant bobbing up and down from keyboard to monitor. The qualified teacher for the visually impaired will make a referral to us if they feel that touch typing will benefit the student. We will then visit the student in school and carry out an assessment. If they require touch typing training, we will visit the student weekly in school for 30 minute sessions to practice these skills.

How can Habilitation specialists help children in the early years?

A child with a VI can have difficulties developing independent movement, coordination and an understanding of how to use their senses to explore their environment. In the early years the Habilitation Specialist focuses on these pre-mobility skills. We can advise parents/carers and provide activities and tasks to develop these early skills. This can then prepare them for formal mobility training.



Formal Mobility training involves working on a regular, one to one basis in environments such as homes, nurseries, classrooms and play areas. A gradual progression to outdoor environments will take place to present challenging and diverse activities and tasks that are relevant to a child's age and level of ability.

Promoting a child's independent living skills involves developing self help skills such as dressing/undressing, toileting, personal hygiene and eating. All these areas can be included in the training program.

