

# Movement Matters

Habilitation services from  
Guide Dogs

GUIDE  
DOGS



Children and Young People's Services

# Habilitation

Your child may need specific training to help them get about safely and confidently. Even in babyhood, there are skills and techniques available to help with your little one's development. Guide Dogs can teach a range of mobility skills, such as:

- Understanding body parts and how they move
- Posture and walking style, how to skip or run
- Wheelchair mobility
- Spatial concepts and orientation, for example, understanding left and right
- Auditory skills, for example, using hearing to identify car sounds and judge traffic flow
- Maximising listening skills
- Understanding environmental features
- How to use public transport
- Cane skills
- Learning their way around a new place
- Road safety, including road crossings
- Use of technology such as GPS
- Learning how to use their remaining senses effectively



## Parents' guidance days

Through these informal, interactive events we can help you explore possibilities for your child, advise on how you can support them and give you the opportunity to meet other parents in similar situations. Parents' events are led by qualified staff who can answer your questions and signpost you to further information and support.

## Working together with parents

Guide Dogs works closely with parents, equipping you with the knowledge and skills needed to support your child. We empower both child and parent through play and recreational activity, as children develop into active explorers.

Guide Dogs continues this partnership with parents as their child matures and develops, helping to build the abilities and confidence needed to maximise independence and support your children's personal goals and aspirations.

## Other services

Guide Dogs can also offer help with:

- Cutting through the jargon and providing every day, practical solutions to help you provide the best care for your child.
- Training for all family, carers and professionals involved.
- Emotional and practical support, guidance and information.
- Subsidised activities and days out for children and young people with a vision impairment and their families.
- Advice on meeting your child's educational needs.
- Information about adaptive technology and access to grants.
- Bespoke large-print CustomEyes books .

**Parents, guardians and family can access the range of services Guide Dogs provide, via the Children and Young People's Advice Line on 0800 781 1444**

## Skills for Life and other support

Your child may need certain types of support to reach their full potential – from achieving expected developmental milestones to becoming a more confident and independent young adult.

- Organisation skills, such as putting things in the same place each time so that they can be easily found
- Kitchen skills, like spreading, pouring and food preparation
- Social skills, such as communicating effectively
- Personal care skills, for instance, cleaning teeth or dressing
- Money management and shopping skills
- Personal safety
- Familiarisation visits and transition support, for example, from secondary school to college
- Signposting to help you make contact with other agencies and groups
- Empowering you with the knowledge to support your child's skill development



**Children with vision impairment often need to be taught the skills and concepts that develop naturally in their sighted peers.**

**Our Movement Matters habilitation service helps your child develop movement, orientation and independent living skills.**

**To access a range of support for children with a vision impairment, contact the CYP Advice Line on 0800 781 1444, email [cypservices@guidedogs.org.uk](mailto:cypservices@guidedogs.org.uk) or visit [guidedogs.org.uk/cyp](https://www.guidedogs.org.uk/cyp)**

## **What can Movement Matters offer your family?**

- **Babies benefit** from our specialist support; which can help to stimulate movement, through play and games, helping them reach developmental milestones.
- **Children** can learn how to explore their world, developing their confidence and independence.
- **Teenagers and young adults** can learn the skills they need to reach their potential as adults.
- **Family, carers and professionals** involved are offered training, so that they can provide the best level of support for your child.

## **Assessment**

Finding the right support for your child should start with a thorough and expert assessment of your child's abilities, developmental progress and needs.

If required, Guide Dogs' Habilitation Specialists can carry out this assessment.

# Services for children and young people with vision impairment.



Contact us on:

T: 0800 781 1444

E: [cypservices@guidedogs.org.uk](mailto:cypservices@guidedogs.org.uk)

W: [www.guidedogs.org.uk](http://www.guidedogs.org.uk)

**Services for children and young people  
with vision impairment**

Registered Charity England & Wales 209617 Scotland SCO38979. 9865 07/18

