

It's been recognised for many years that people with learning disabilities are at increased risk of being overweight or obese compared to the general population, with poorly balanced diets and very low levels of physical activity. This risk, in turn, increases the likelihood of a range of health and social problems (Public Health England)

Purpose of movement group

- Increase participation in physical activity
- Meet sensory needs with movement
- Develop and maintain fine and gross motor skills
- Provide opportunity for social interaction with peers (Amonkar et al, 2021)

Benefits of Swinging



Case study: Background of resident

Outcome of OT assessments shows that this resident can sometimes lack motivation to engage in tasks/activities and often chooses to play on his IPAD. However with verbal prompting and encouragement, he can re-focus and participate in other tasks or activities.

Intervention/group structure

- OT facilitated the group outdoors
- 8 weekly sessions
- Varied between groups of 8 and 10 residents
- Activities included: Ring toss, bowling, swings, wavy walks, stepping stones, egg & spoon and beanbag throwing.

Outcome measure: GAS (Goal Attainment Scale)

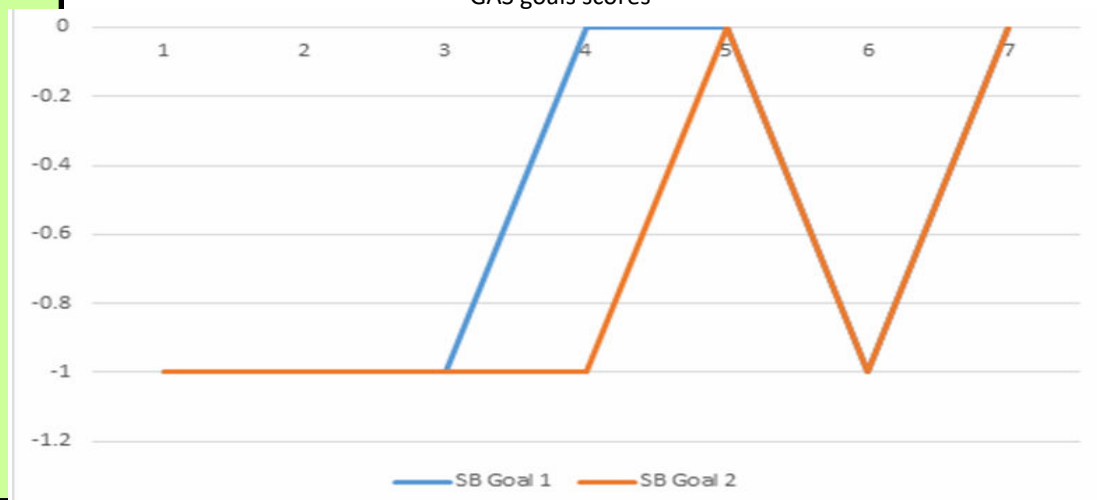
- GAS goals were set for each resident to monitor the effectiveness of the group and measure each individuals progress.
- GAS goals are scored on a 5 point rating scale. 0 is the goal trying to be achieved and -1 is baseline.
- The residents goals can be seen below.

Outcome

- The GAS goals were scored by the OT after every movement group session
- The resident achieved both goals as demonstrated in the graph to the right.
- The resident achieved participation for at least 10 minutes in each activity when encouraged by staff, an improvement from his 5 minute baseline with encouragement.
- The resident achieved participating in 2 activities which involved peer interaction with support and encouragement, an improvement from participating in 1 activity previously.

Outcome scale	Much Less than expected outcome (-2)	Less than expected outcome (-1)	Most likely outcome (0)	More than expected (+1)	Much more than expected (+2)
Goal definitions (1) Resident to engage in each activity for at least 10 minutes with encouragement from staff, every session.	Resident engages in each activity, for less than 5 minutes	Resident engages in each activity for at least 5 minutes with encouragement from staff	Resident will engage in each activity for at least 10 minutes with encouragement from staff, every session.	Resident engages in each activity for 15 minutes, with support and encouragement from staff.	Resident engages in each activity for 15 minutes without encouragement from staff required.
Goal definitions (2) Resident to participate in at least 2 activities which involve peer interaction, with support from staff, every session. <small>Revised after Wilson 2012 based on Mailloux et al 2007</small>	Resident declines to engage in activities with his peers, even with encouragement and support	Resident engages in 1 activity which involves peer interaction, with support from staff.	Resident will engage in 2 activities that involve interaction with peers, with support from staff, every session.	Resident engages in 3 activities with his peers, with support and encouragement from staff.	Resident willingly engages with his peers, without support or encouragement required.

GAS goals scores



References

Amonkar, N., Su, W.-C., Bhat, A.N. and Srinivasan, S.M. (2021). Effects of Creative Movement Therapies on Social Communication, Behavioral-Affective, Sensorimotor, Cognitive, and Functional Participation Skills of Individuals With Autism Spectrum Disorder: A Systematic Review. *Frontiers in Psychiatry*, 12. doi:<https://doi.org/10.3389/fpsy.2021.722874>.
Public Health England (2020). *Obesity and weight management for people with learning disabilities: guidance*. [online] GOV.UK. Available at: <https://www.gov.uk/government/publications/obesity-weight-management-and-people-with-learning-disabilities/obesity-and-weight-management-for-people-with-learning-disabilities-guidance>.