

## **Habilitation Education**

### **What is Habilitation?**

The term 'habilitation' relates to the teaching of skills and strategies that will enhance visually impaired children and young people's mobility, independent living and self-care skills.

### **Habilitation Teaching**

Habilitation teaching will be carried out by a Registered Qualified Habilitation Specialist whose training specifically meets all the learning outcomes arising from the 'Quality Standards – Delivery of Habilitation Training (Mobility and Independent Living Skills) for Children and Young People with Visual Impairments (2011)'. The Habilitation Specialist is a registered practitioner with Habilitation VI UK.

### **Mobility**

"Mobility training is concerned with equipping visually impaired people with the knowledge, skills and attitude that are essential for safe and efficient travel. The needs of the individual will determine the nature and scope of the training". (West of England School)

### **Independent Living Skills**

"Independent living skills are essential life skills to ascertain and include kitchen skills, eating, hygiene, handling money and dressing". (Pavey *et al.*, 2002)

### **Habilitation Provision**

The Habilitation Specialist provides detailed planning, implementing and delivery of habilitation programmes for children and young people in a variety of settings.

Your child / pupil may experience some of the habilitation teaching below. Some teaching may overlap with other settings. We will work with your child / pupil to develop a maximum degree of independent living.

### **Early Years**

- To develop multi-sensory learning
- To develop an understanding of body awareness
- To motivate movement – reaching and scanning, rolling, crawling and walking
- To develop an understanding that certain sound and touch sensations go together and relate to a particular object.
- To develop fine motor skills to assist with play activities, self-feeding and dressing.

## **Nursery**

- Classroom familiarisation
- To develop language concepts related to movement, e.g forwards, backwards, up and down.
- To develop social interaction with peers.
- To learn dressing and undressing skills for PE.
- To develop dining skills

## **Primary School**

- To practise sighted guide with peers.
- Simple route learning around indoor areas
- Road safety awareness
- Introduce a relevant mobility aid
- Introduce shopping and money handling

## **Secondary School**

- To learn more complex indoor and outdoor routes
- Bus / train travel
- To be able to assess risks and anticipate likely areas of personal difficulty in mobility and independent living.
- Independent living skills – preparing for college (Cooking, laundry and shopping)
- Transition to college.

## **College / Sixth Form**

- Familiarisation of new setting
- To learn complex routes around campus
- Transition to work / work experience
- Liaise with adult services