

# Working Together

## Right Start Project

**Kathryn Cubby & Sandra Mackay**



**WHAT &  
HOW?**

**WHY?**

**WHERE?**

**OUTCOMES...**

- **Improve access** for families out-with central belt
- **Closer collaboration** between 3<sup>rd</sup> Sector, NHS & Education
- Increased opportunity to work alongside those who support children on daily basis
- Desire to “**keep it real!**”  
(working within child’s local environments & staff)

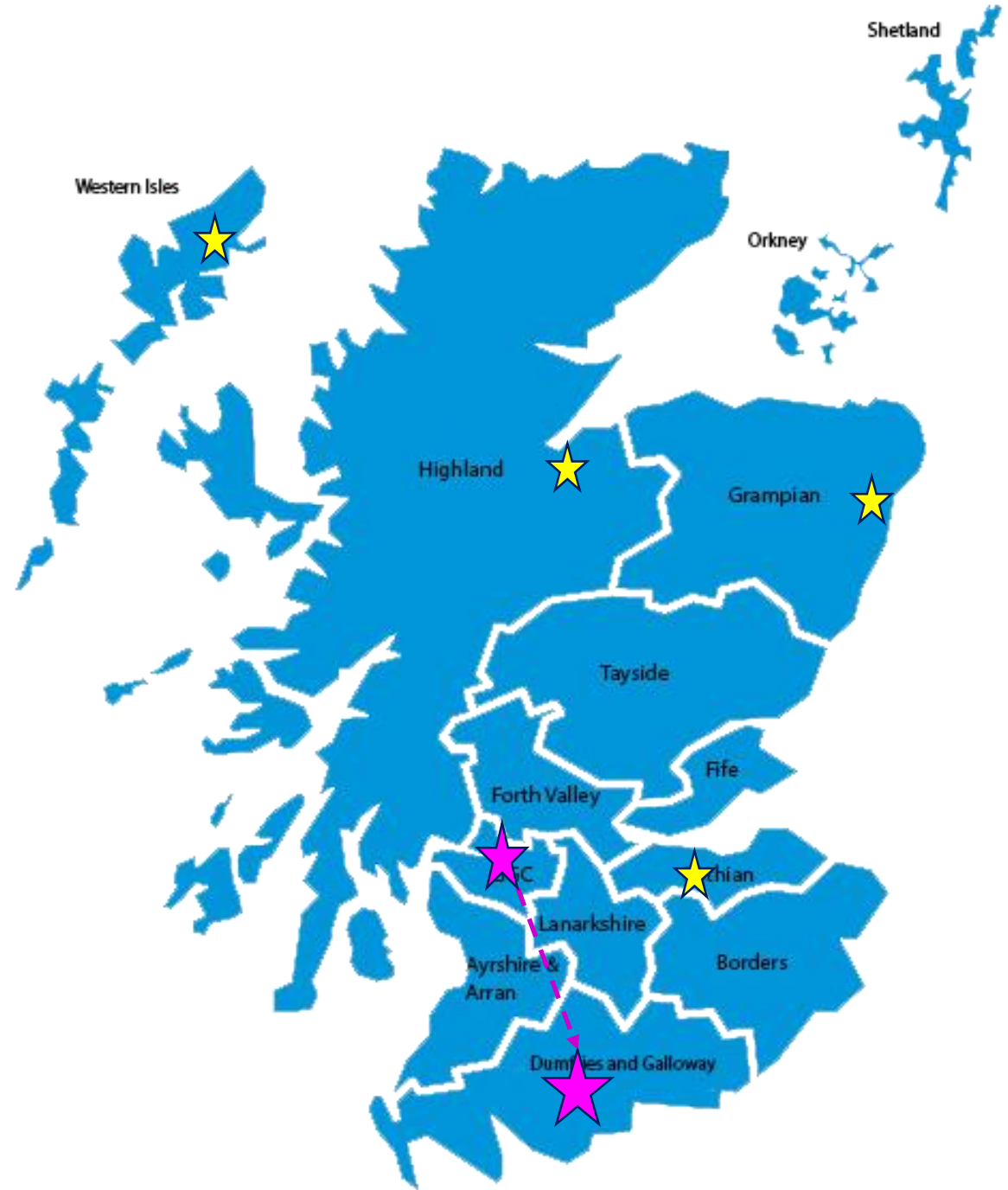
**WHY?**



# WHERE?

Year 3

**NHS**  
Dumfries  
& Galloway



Longstanding relationship between D&G and Bobath therapists  
Number of D&G team Bobath trained

- Outreach delivered across 3 bases (identified by the local team)
- for easy access for families
  - to enable education staff to attend more easily

# Pre-Outreach Planning

## Local Ownership

- Raised awareness
- Cross service planning
- Families identified & invited
- Handover/sharing information
- Potential goals suggested

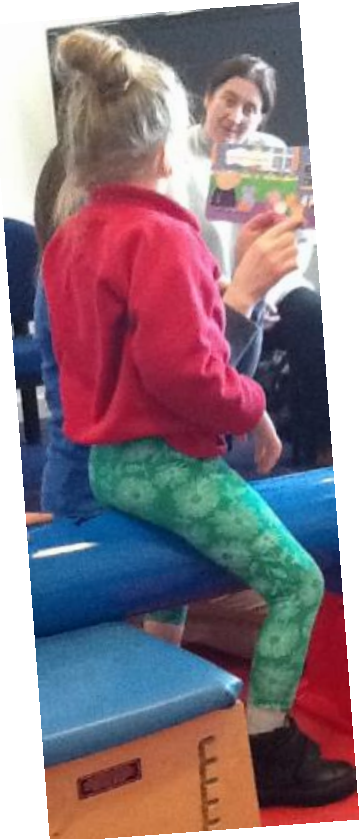
## Identified Expectations/Goals

- To establish & revise knowledge
- To observe Bobath techniques
- To develop skills
- To gain tips, advice and ideas
- Time for joint-working

This stage is key to maximizing the impact of outreach for all involved (families & clinicians).

# WHO?

- Children 2-6 years old
- Cerebral Palsy, or similar neurological conditions
- 10 children identified  
8 able to attend
- Attended with families and members of their local therapy & education teams
- Sessions observed by additional therapy team as learning opportunity



## Children attended sessions with the Bobath team

- Across 3 venues (plus 1 nursery visit)
- 2-3 times weekly for 1-1¼ hour sessions
- Working towards family/child identified goal areas
- Therapy & education staff initially observing then actively participating
- School-based twilight training
- School/nursery visits offered
- Midway feedback
  - Ascertained what was working
  - Identify any changes required for weeks 3 & 4



**HOW &  
WHAT ?**

School tasks

Dressing



Transfers

Eating Skills

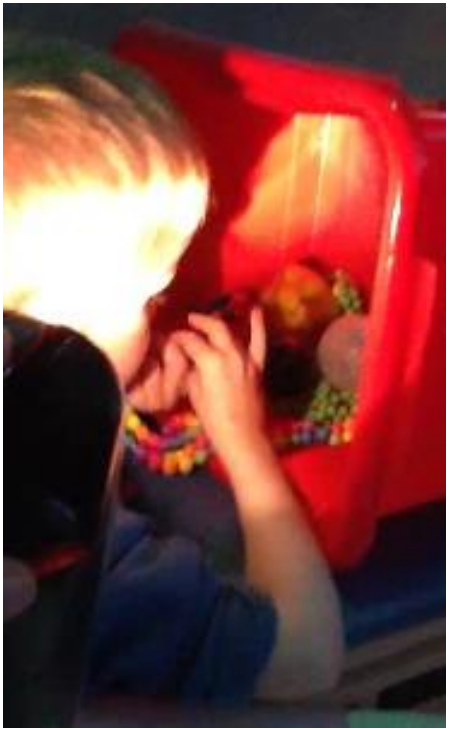
Engagement

Play skills

Communication

Moving & Handling

Vision & attention



Mobility

Independent sitting to look/listen

Postural management incl preparation & stamina





**OUTCOMES...**



The project was not without its challenges!!!  
The beast from the East



# The Bobath team & families rose the challenge!





# OUTCOMES...

Where possible standardized measures were used & captured positive results

- COPM (Canadian Occupational Performance Measure)
- GAS (Goal Attainment Scale)

Feedback received from families, education & therapy staff

All of the improvements are small steps forward, leading towards full independence. How far he is capable I don't know - but these small steps have meant a great deal as it has given us both great confidence & hope.

I think I am more relaxed and have a more fun approach.

Was fun for me and (my child) – with lots of ideas to try at home.

The sessions gave me more insight of my child's ability how he learns new things & what kind of pace & approach to take.

Made aware that her visual difficulties may affect her play on her affected side more than we thought.

(My child) is capable of more than we thought.

I feel that the sessions have pushed (my child)'s boundaries and given him an increased sense of what he can achieve.

(My child) has lots of hurdles in everyday life, but have (been) shown that we're not alone and there are many positive outcomes in everyday activities.

# Clinician Impact

Clinicians felt the sessions would influence their practice

...the varying ways in which Bobath can be used. I have one child who is very active...and one who has limited purposeful movement – it was beneficial to see how it can work for both.

...useful exploration of activities and techniques to use within home and education settings..

...was interesting to see how much movement the child was able to tolerate...

...how functional Bobath can be – to build participation in occupation.

...one of the main strategies was the way they communicated with children on a wide spectrum of disabilities....achieved through the use of play, visuals and choices. The approach was very helpful and I will put this into my working practice...

# 2 years on...

- Neurodevelopment approach continues to be a foundation theory behind therapeutic advice & support
- Within the context of national agendas
- Identified joint goals have been built upon
- Increased confidence amongst therapists, families, school staff
- Therapists: continued professional development
- Continued working relationship with Bobath Scotland (incl D&G model adopted for other Bobath outreach)
- Treatment ideas have since been utilised with other children (i.e. not involved in the outreach)
- Local team now working on clearer goal setting

**What matters to the young person & family.**

# However...


## Important to recognise

1. Efficiency savings across all statutory services is having an impact
2. Local therapy services are evolving to meet demand

**Therefore collaborative working with 3<sup>rd</sup> Sector services is more important than ever**



# Conclusions

- Professional relationships based on
    - mutual valuing & equal partnership
    - shared vision & passion
    - acknowledging concerns
    - freedom to challenge respectfully
    - regular communication
    - joint ownership of project
  - Clarifying concrete goals
  - Exit plan
    - close working throughout reduces concerns
    - review impact in longer term
- 
- Valuable outcomes for families
  - Opportunity to learn from each other & hone clinical reasoning skills together

## ~ Acknowledgements ~

Each of the families who were involved & provided consent for photos to be used for training purposes

The Willows Child & Family Centre staff

Georgetown Primary School

Kelloholm Children & Families Centre

Olive Leonard ~ Project Coordinator, Bobath Scotland (behind the scenes organisation)

Gillian Russell ~ Therapy Assistant, Bobath Scotland (cleaning & sorting resources)

The National Lottery Community Fund Scotland (funders)