

Tip-sheet for caregivers

Activities to keep children and adults with severe disabilities active

WHY?



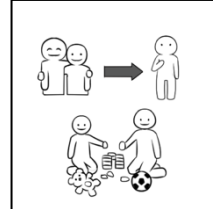
maintain
blood flow



build
muscles



breathe



develop



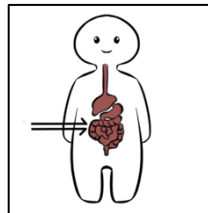
feed



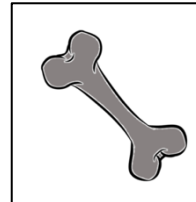
interact



use hands



digest



strengthen bones



sleep

HOW?

✓ The child or adult... performing activities of daily life

X



✓



✓ The child or adult... looking at books or pictures by herself

X



✓



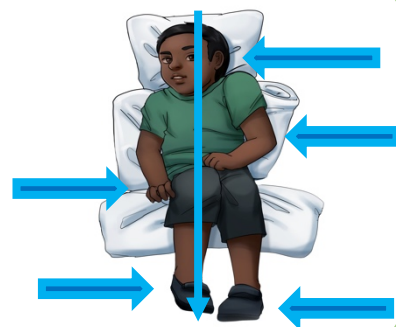
HOW?

✓ The child or adult... playing with toys, using them, having fun

✗

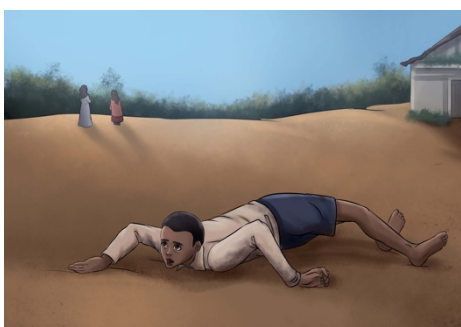


✓



✓ The child or adult... looking around and socialising

✗

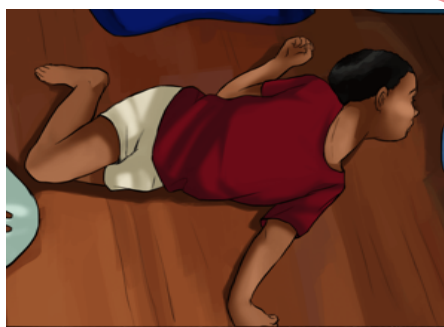


✓



✓ The child or adult... in a position to learn school activities

✗



✓



✓ The child or adult... able to work at school/ home

✗



✓

