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
- ✓ The child or adult... looking at books or pictures by herself
- X
**HOW?**

- The child or adult... playing with toys, using them, having fun
  - ![Image of child playing with toys](image1)
  - ![Image of child sitting on a swing](image2)
  - ![Image of child in bed with arrows indicating movement](image3)

- The child or adult... looking around and socialising
  - ![Image of child lying on the ground](image4)
  - ![Image of child playing with blocks](image5)
  - ![Image of family socialising](image6)

- The child or adult... in a position to learn school activities
  - ![Image of child lying on the floor](image7)
  - ![Image of child holding pencils](image8)
  - ![Image of child in a wheelchair](image9)

- The child or adult... able to work at school/home
  - ![Image of child sleeping in a wheelchair](image10)
  - ![Image of child working at a desk](image11)
  - ![Image of child using a laptop](image12)