

”From little cabin... ...to discovery wheel”

The early stages of
a visually impaired child's
orientation and mobility

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Motor development and visual impairment

- No vision → no motivation
 - Risk of delayed gross and fine motor skills
 - Hypotonia, minor movements, unilateral posture
 - “Head down” posture, poor body awareness
 - Child with VI needs repeated and versatile posture, motion and sense experiences
- ↓
- Physiotherapy during first years
 - Manual guidance, activation, systematic practice
 - Aim: guide, practice and support gross motor skills, body control and awareness in interaction with the surrounding environment



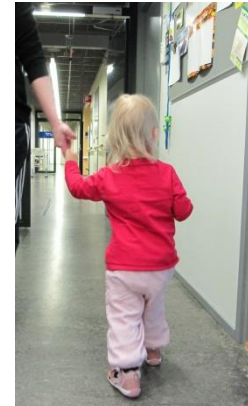
Motor development and visual impairment

- Active daily life, skills need every day training
 - Courage, motivation and doing by one's own
 - Learning by playing → practicing and repeating in functional way
 - Using also aquatic therapy
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- Balance, body and posture control, independent walking
↓
● Basis for later O&M



First steps of O&M

- Good balance -> cane training
- Large toys (e.g. doll carriage) can give
 - freedom of walking
 - sensations of obstacles and level
- Cognitive abilities are still developing
- Finger in hand – first experience of guided walking
- All you need is...
little explorer's curiosity!



More steps, more help

- The timing needs to be right
- Hockey stick and other handy tools first
- Professional help and support can guide the process of using
 ”the discovery wheel”
- A new way of orientation and sensation
 ↓
- Ask: What did it find?



Don't forget to....

- 1) Observe surroundings just using hands and feet
 - First: in the "little cabin"
 - Afterwards: Everywhere!
- 2) Give extra attention for child's
 - postures,
 - directions of motion
 - constructs



- 3) Adjust your support with the age, development, character, other abilities
- 4) Ask for help from the society!
 - Finnish system bases on co-operation

Közönöm – kiitos – thank you!

Contact us for more information!

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