

PHYSIOTHERAPY AND OCCUPATIONAL-THERAPY ACTIVITIES TIMETABLE

Activities	Time frames	Outcomes for Beneficiaries
Physiotherapy programme	Every day – allowing for two sessions a week	Guidance and assistance in allowing all children to be worked with. Regular assessment and monitoring to prevent pressure areas.
Electrotherapy	As required	Using electrotherapy equipment has proved to be very effective in the healing rate of pressure sores.
Standing frames, side-lyers and prone wedges	Daily	Positioning the children (who cannot walk) in standing frames for short periods of time results in strengthened muscles and bones.
Seating clinics	4 times a year	Assessment of the needs of each child's deformity, careful checks on signs of progression of deformity, and wheelchair maintenance.
Doctor's clinic	Monthly	Regular monitoring of the general health of all Woodside children.
Splinting	As required	Limits the amount of deformity in new residents being admitted to Woodside, and prevents the progression of existing deformity in children/young adults who have been at Woodside for a long time.
Relaxation, walks, bus-rides	Each activity once a week	Children are given massage, touch therapy and introduced to ball skills. Being taken out of Woodside for a weekly outing helps the children become more relaxed and less-institutionalised. These activities make the children happier and less aggressive which in turn increases their development both physically and mentally.
Painting, arts and crafts	Each activity once a week	The Woodside children become more receptive to different textures and touch and the various activities provide much needed stimulation.
Sensory stimulation	Daily	The sensory awareness programmes expose the children to sight, touch, smell, taste and sound – all of which enhances the senses.
Augmentative & alternate communication	Daily	Laminated picture communication boards give Woodside children (who cannot speak) an outlet by which they can communicate and express themselves. Specifically equipped computerised communicators have recently been introduced.
Medizone 4 in 1 Treatment	Daily	This treatment provides oxygen to the entire body relaxing muscles and improving blood circulation. It comprises of ozone therapy, aromatherapy, active air massage therapy and hydro heat therapy.
Swimming/Hydrotherapy	Daily[in good weather]	This activity is fantastic for all our residents as it encourages them to actively move their limbs through space. Community members are also encouraged to attend pool/swimming events with our residents, especially since the installation of solar heating and a pool hoist.
Outings	Monthly – sometimes more	This is a much sought after activity because Woodside's more able-bodied residents love to attend planned events etc. Such events vary from disability awareness functions, walkathons, celebration parties, Autism Day, Christmas Day etc.
Life skills	Once a week	A few of the young adults at Woodside have sufficient intellectual capacity to be taught some basic life skills – in particular we aim to teach sexual awareness and social integration as well as an anger management plus vital skills such as awareness of place, time, money, weather etc.