



Percy Hedley
FOUNDATION

Physiotherapy input for young adults in specialist further education



Aims for today...

- Understanding the Foundation
- Physiotherapy at Hedleys College
- Supporting transition from paediatric to adult services
- What can be improved?
- Networking opportunities

Percy Hedley Foundation Overview



- Special school opened in 1953 for 12 children with CP
- Now support over 650 people
- Provide specialist education, social care, and therapeutic needs
- Education Services – Percy Hedley School, Northern Counties School and Hedleys College
- Adult Services – Hedleys Horizons, Residential Services



Hedleys College



- Support students aged 16-25
- Multidisciplinary therapy team
- Therapists employed by the Foundation
- All students have an Education, Health and Care Plan (EHCP)
- 2.2 physios deliver ~60 hours per week
- Limitations of term-time only work
- 22/78 students = CP with a LD



Physio input into College

- Postural management

- Integrated physiotherapy



- Assessments & reviews

- Specialist equipment

- Wheelchairs & seating

- Orthotics oversight



- Parent & carer education

- Bespoke exercise programmes

- Respiratory care and training

- Hydrotherapy

- Rebound therapy

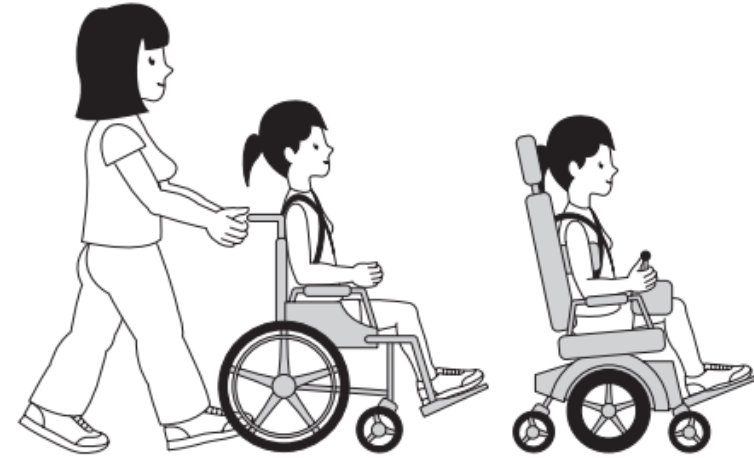
- Transitioning services



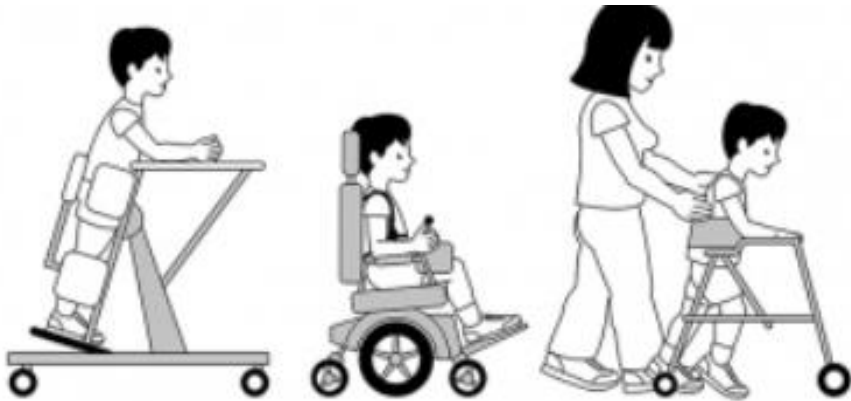
Transitioning from paediatric to adult services

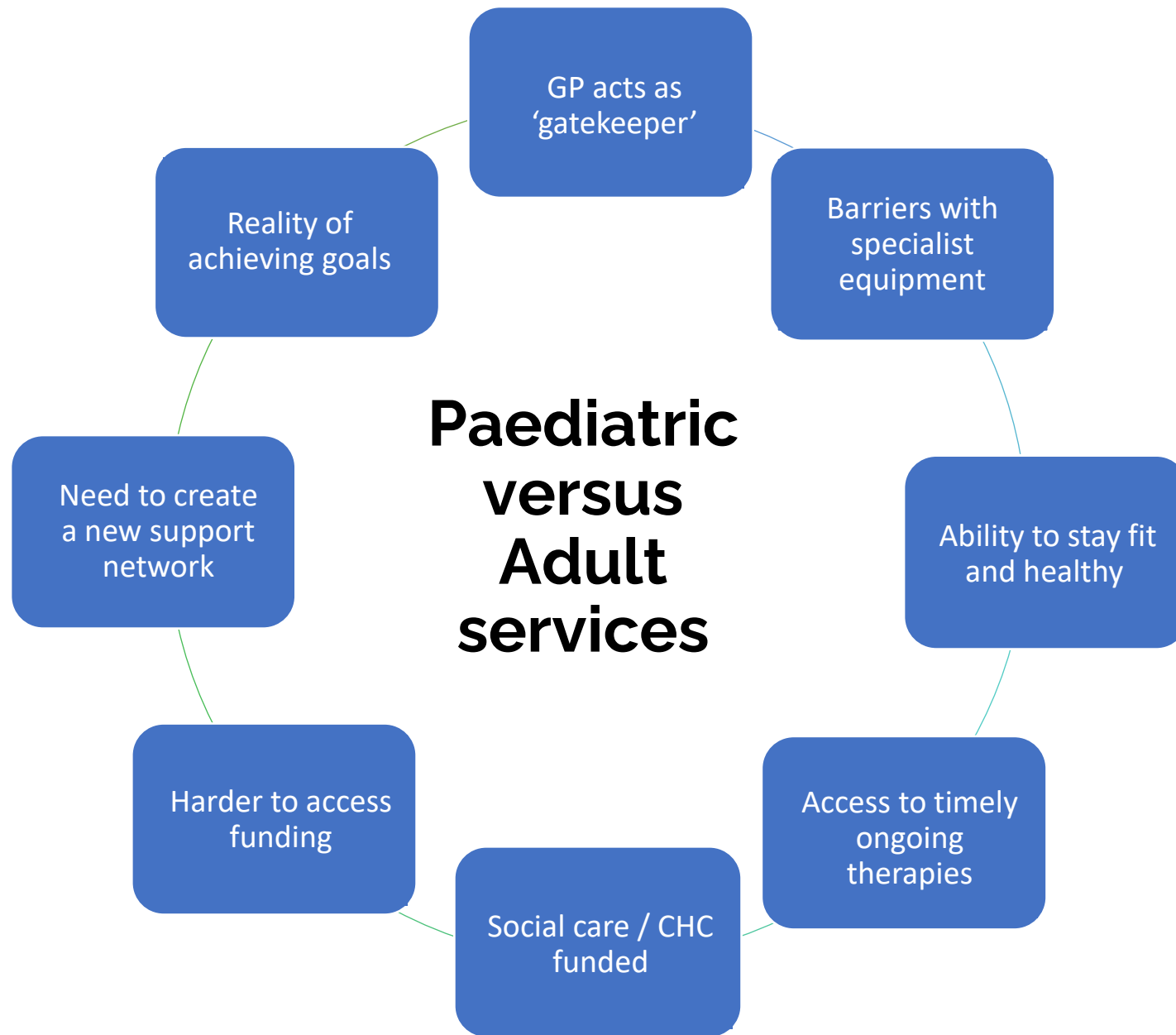
Case Study

- GMFCS IV - spastic CP with 4 limb involvement
- Transfers with standing hoist
- Power wheelchair driver
- Multiple surgeries to hips & ankles
- Orthotics - AFOs, orthotic boots



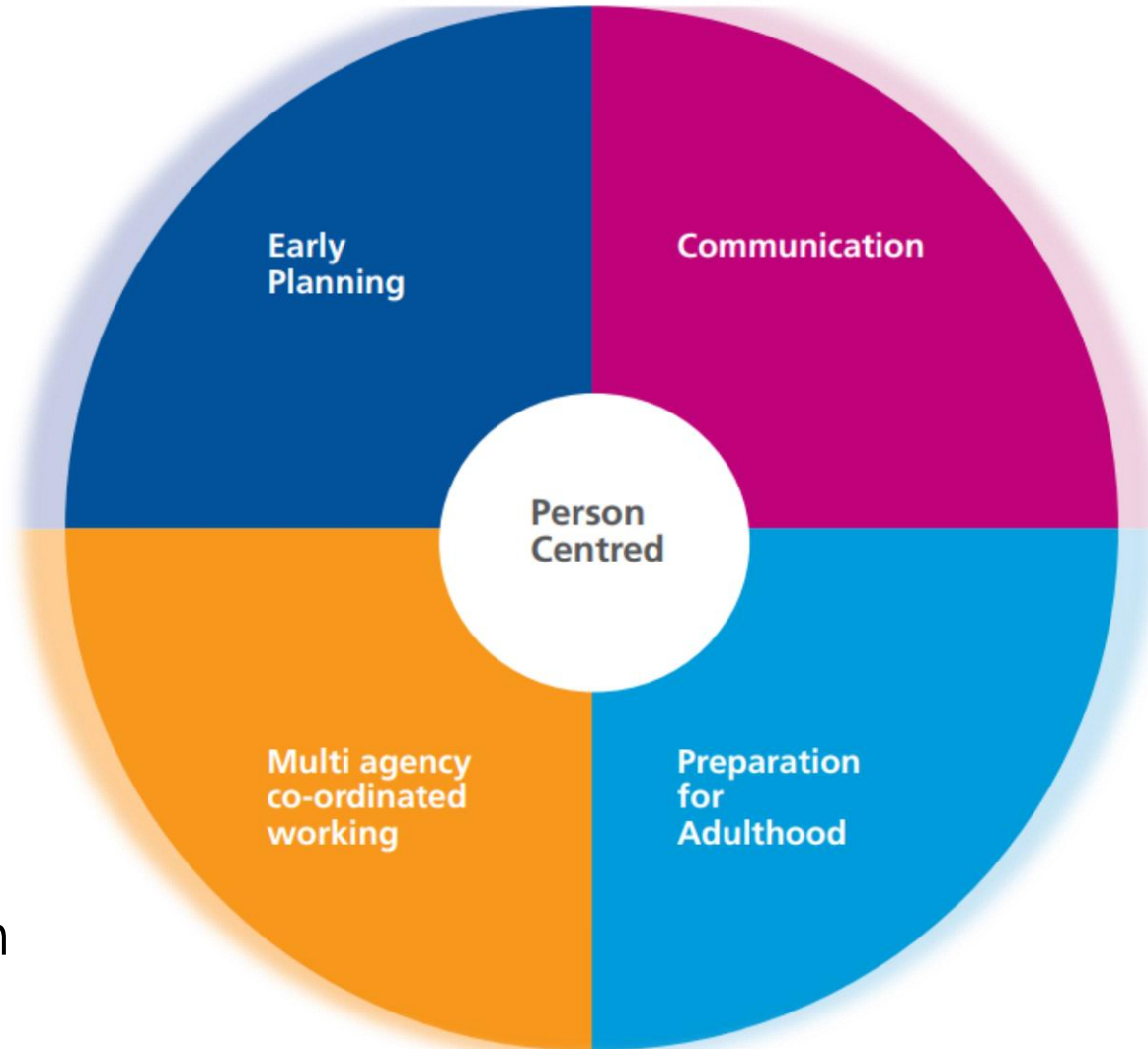
- Uses standing frame in school 4 x week
- Uses specialist walker with support
- Weekly PE, regular hydrotherapy
- EHCP





Strengths

- Transitioning out starts from day 1
- Realistic expectations
- Multi-agency annual reviews
- Training network of care
- Hosting transition events



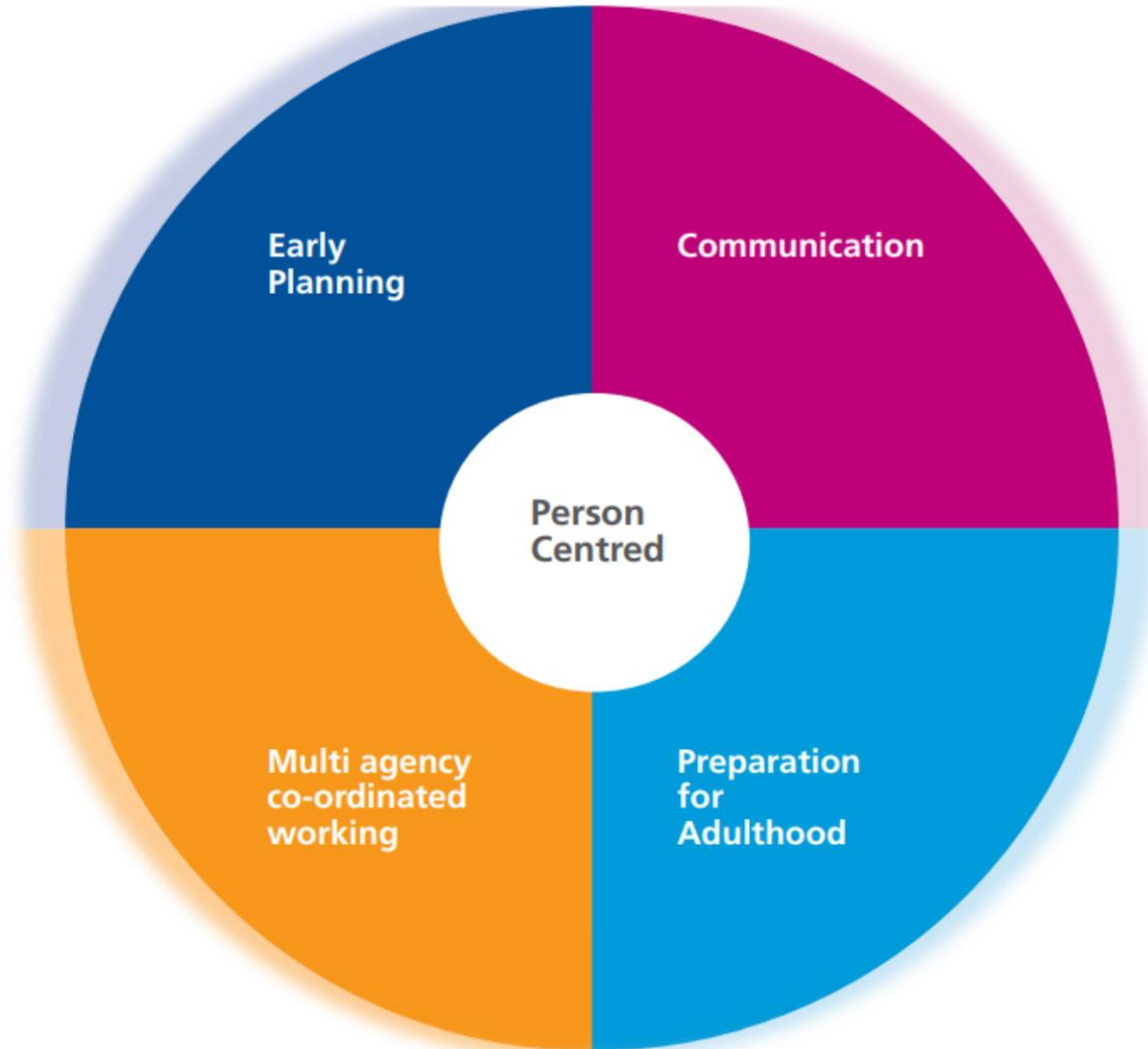
- Effective communication
- Accessible information
- Person centered planning
- Empowerment
- Independence



Challenges

- Early information sharing
- Early involvement of other teams

- Understanding local service roles and responsibilities



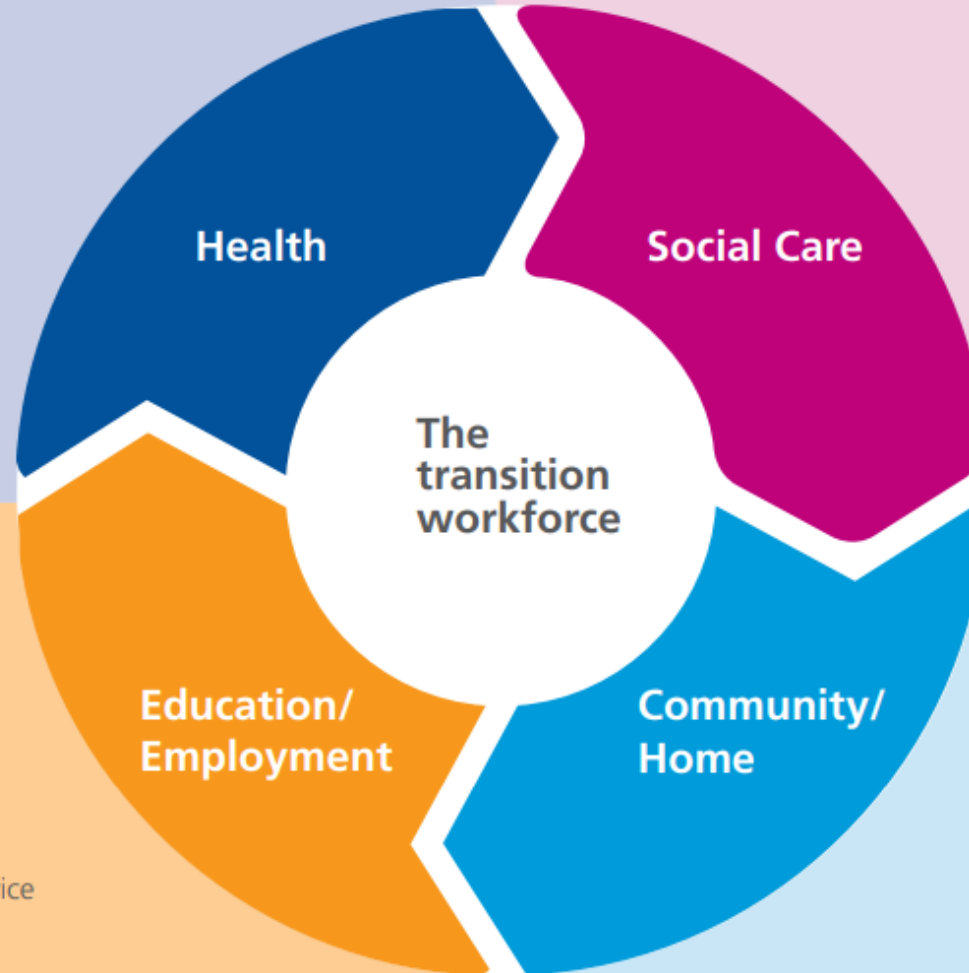
- Training wider services
- Educating mainstream services

- Home environment
- Community integration



- Clinical Psychologist
- Educational Psychologist
- Hospice Staff
- CAMHS/Adult Mental Health
- Continuing Healthcare
- Paediatrician
- Consultant
- School Health Adviser
- Health Care Assistant

- Nurse/School Nurse
- Occupational Therapist
- Physio
- Speech & Language Therapist
- Transition Nurse
- GP
- Psychiatrist
- Commissioners



- Childrens Social Worker
- Adult Social Worker
- Social Care Support Workers
- Leaving Care Social Workers / PAs
- Respite/ Short Breaks Staff
- Personal Centred Planners
- Community Connect/Life skill workers
- Safeguarding workers
- Commissioners
- Residential Care Staff
- Advocate

- Behaviour Support
- Benefits Agency Worker
- Connexions/Careers Advisers
- Post 16 Tutor
- Further Education Staff
- Teaching assistant
- Training Provider
- Autism Outreach
- Hearing Impairment Service
- Visual Impairment Service

- Autism Outreach
- Physical Disability Support Service
- Headteacher
- SENCO
- Teacher
- SEN Assessors
- Parent Partnership Service
- Job Centre Adviser
- Commissioners

- Family/Carers
- Voluntary Agencies
- Support Groups
- Youth Workers
- Youth Offending
- Police
- Personal Assistant
- Housing Organisations



How can you help?

Keep us posted

More regular networking

Always think about their future

Want more information?

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Supporting information

1. Standards Of Practice For Physiotherapists Working With People With Learning Disabilities, 2019
2. Cerebral Palsy In Adults, NICE Guideline [NG119], 2019
3. Cerebral Palsy In Under 25s: Assessment And Management, NICE Guideline [ng62], 2017
4. NSF For Long Term Conditions, Department Of Health And Social Care, 2005
5. www.cerebralpalsyscotland.org.uk
6. The Road Ahead – Choices At Transition. Social Care Institute For Excellence, 2004
7. The NHS Long Term Plan, 2019
8. Health Education England, Learning Disabilities Transition Pathway Competency Framework
9. Preparing For Adulthood Agenda: All Tools And Resources, www.ndti.org.uk
10. Children And Families Act, 2014
11. From The Pond Into The Sea: Children's Transition To Adult Health Services, CQC, 2014
12. WHO Guidelines In Physical Activity And Sedentary Behavior [9789240015128-eng.pdf \(who.int\)](https://www.who.int/active/guidelines-physical-activity-and-sedentary-behavior)

