

A MOVE for Adults research study was conducted at Chesapeake Care Resources, Inc., North East, Maryland, July 1, 2003-June 30, 2007. Drs. Keith and Stacie Whinnery, faculty at the University of West Florida, Pensacola, conducted the study on behalf of the Kern County Superintendent of Schools and compiled the below data. Funding for this study was provided by a grant from the U.S. Department of Education, Fund for the Improvement of Education, Office of Innovation and Improvement.

MOVE for Adults Research Data (Whinnery & Whinnery, 2007)	3/04	4/07
<p>1. Sitting in regular chairs for 30 minutes during daily activities</p> <p>Prior to MOVE, all 6 adults sat only in wheelchairs or bean bags. None were able to sit in regular chairs to eat meals or for other life activities.</p> <p>Now, none of the 6 adults use their wheelchairs during daily activities. They are able to sit in a variety of chairs in their day recreation program and the community.</p>	0	6
<p>2. Sitting on regular toilets or adaptive toilets</p> <p>Prior to MOVE, only 1 adult sat on the toilet. All others were changed in reclined positions on a changing table.</p> <p>Now, all 6 adults sit on regular or adaptive toilets and changing tables are no longer used.</p>	1	6
<p>3. Transition from sitting or standing and maintain standing during toileting</p> <p>Prior to MOVE, only 1 adult could assist in transitioning from sitting to standing and would stand for brief periods while holding a stationary object. The others were lifted onto changing tables into reclined positions for toileting.</p> <p>Now, all 6 adults take their own weight to transition on and off the toilet. All maintain standing during toileting – 3 adults support their full weight while holding a stationary object; the other 3 adults bear most of their weight while leaning forward over a padded support surface (Rifton Support Station).</p>	1	6
<p>4. Voiding in a toilet</p> <p>Prior to MOVE, none of the 6 adults were voiding on the toilet.</p> <p>Now, all 6 of the adults void in a regular or adaptive toilet. Four of the 6 adults typically stay dry and clean throughout the day. Two of the 6 adults have transitioned out of adult diapers and into regular underwear.</p>	0	6
<p>5. Transitions from sitting to standing and standing to sitting</p> <p>Prior to MOVE, five of the 6 adults were lifted for transfers. The remaining adult could bear some weight to assist, but often refused to do so.</p> <p>Now, all 6 adults take weight to assist with transitions. Three of the 6 adults transition from sit to stand and stand to sit independently while holding onto a stationary object.</p>	1	6
<p>6. Walking Independently with a mobility aid</p> <p>Prior to MOVE, none of the 6 adults walked, not even with the use of a supportive walker. One of the adults had taken a few steps while holding onto something, but refused to do so during her daily activities.</p> <p>Now, all 6 adults walk independently using a front-leaning walker. Two adults walk with 1 arm supported. All 6 adults are using walking to demonstrate preferences and desires.</p>	0	6
<p>7. Making choices and expressing preferences</p> <p>Prior to MOVE, one adult expressed preferences verbally or by crawling to a desired activity.</p> <p>Now, all 6 adults express preferences verbally, with gestures and/or with movement (walking, propelling in a mobile stander, and/or reaching).</p>	1	6
<p>8. Display of Interfering behaviors</p> <p>Prior to MOVE, four of the 6 adults regularly exhibited behaviors that were harmful and/or limited social interactions (hitting, yelling, mouthing fingers, biting self, banging body against chair)</p> <p>Now, none of the 6 adults exhibit interfering behaviors as long as they are provided the opportunity to move themselves to desired activities and locations.</p>	4	0