

Meet ...
Mariam



Mariam is 18 and lives with her family. She has 2 younger sisters and a younger brother. She enjoys school and is hoping to go to University at the end of this year.

She has a small group of close friends at school who she would like to socialise with more.

Mariam uses a wheelchair both in the house and when she's out and about. She has limited movement of her limbs and finds it uncomfortable to sit. She does not enjoy doing her daily exercises. She has been given a programme of exercises to work on core strength in bed before she gets up in the morning. Her Mum and Dad try to encourage her however they haven't got very far.

Mariam doesn't get to join in activities with her friends and get out as much as she wants. She finds it hard to focus on lessons and get her studying done.

Meet ... Mariam



Mariam's Outcome*

I am able to do things with my friends where I am sitting comfortably for as long as I want.



Yourself

Choose some exercise channels on you tube that she enjoys.
Share goal with family and friends



Technology

You tube videos on smart TV - physio to advise on suitability
Set TV to come on and wake her up on lively music channel
Download habit tracker app



Equipment & Adaptations

Wheelchair assessment especially checking support cushions
Assess bedroom and bed for ease of use/suitability
LA advisor to check out options for seating at school



Family, friends & neighbours

Find exercise buddy and do exercises together with app like houseparty /what's app/skype
Make clear agreements with family about best ways to encourage and support her
Create opportunities for Mariam to join in table top activities with her siblings eg helping with homework, doing puzzles/games.



Community

Join a gym
Find personal trainer or group to join
Join an online support group for other young people with similar life experiences



Services or Setting

School provide room where she is able to do exercises and study in more comfortable position
PE staff work out training and exercise plan.



Support

Face to face Physio sessions
School to employ TA to do exercises daily in school

* measurable, specific, change something that is not working, moves towards aspiration, everyday language

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Mariam's Outcome*



Yourself



Technology



**Equipment &
Adaptations**



**Family, friends
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Community



**Services
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Support

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