

Abdur-Rahman's Story

Abdur-Rahman was born 10 weeks premature. Soon after birth, he was diagnosed with cysts on the brain and spent 9 weeks in hospital. Not long after he was discharged from hospital, Abdur-Rahman was diagnosed with spastic cerebral palsy with extra muscle tone. He was also diagnosed as being severely visually impaired and was fitted with a nasogastric feeding tube when he became considerably underweight.

Abdur-Rahman was a very unhappy baby and cried endlessly. Although we saw many specialists regularly, we felt that not enough was being done to aid his development. When Abdur-Rahman was 18 months old, we found the Children's Services at NICE - Centre for Movement Disorders. At this point, he was like a rag doll, having very little head control and no control over his limbs.

During his initial consultation at NICE, he began crying and found it difficult to perform the way he was instructed. Then, it seemed as though something

clicked in his brain and he started to do what was asked. It was the first time that he sat by himself holding onto a ladder in front of him. It was incredible for me to see him move for the first time.

Following his consultation, Abdur-Rahman began attending twice weekly small group sessions at NICE's Pre School Project. Initially, the sessions were hard for him and he cried through many of them. Since then, his progression has been immense and perseverance resulted in success as he soon started to calm down and perform tasks as asked.

He can now understand simple instructions, sit with support and patiently await his turn in the group. It is these positive outcomes in Conductive Education which are a result of patience and a partnership between parents and the conductors.

Abdur-Rahman particularly enjoys singing and, best of all, he has a personality. The singing is very useful as Abdur-Rahman



focuses more on the songs than the difficulty of the exercises. Staff adapt the exercises to accommodate his visual impairment. Although he is unable to communicate verbally, staff at NICE have taught him how to express himself using switches and buttons, another thing which has made his future more hopeful.

“ Abdur-Rahman's future is now so much more positive. He has become a sociable happy child who can now engage with his surroundings and is an active member of the group at NICE which he attends alongside his local nursery. ”

Abdur-Rahman's Mum