

NICE

Road to Wellness

★ MAINTENANCE PROGRAMMES ★

Course Information

“Health is a state of being whereas wellness is a state of living”

NICE offers a range of programmes for adults with neurological movement disorders. The primary conditions we work with include Parkinson’s, stroke, multiple sclerosis and cerebral palsy. However, anyone with a primary neurological movement problem may access our services.

WHAT CONTRIBUTES TO BRAIN HEALTH?

We only have one brain! Recognising that we can influence the health of our brain is the first step to moving from ‘illness’ towards ‘wellness’. The onset of a neurological condition has an impact on the health of your brain, but new science is showing us that changes in the brain can be overcome. It is now believed that our brains are ‘soft wired’ rather than ‘hard wired’. In practice this means that your brain, at any age, can change but it has to be ‘exercised’ in the right way.

NICE conductors specialise in how to maximise the ‘brain input’ for people with a neurological movement problem.

Whilst we know that the underlying neurological changes cannot be reversed this does not mean that positive steps cannot be achieved.

Conductive Education stands on the following principles:

- Belief in the power of the brain to change
- Condition specific movement programmes to support this
- Expert teaching by staff who are trained in your condition
- The power of positivity
- The nurturing and setting of expectation
- Expert support to achieve



Brain health must be looked at from many different dimensions. At NICE we focus on 6 main areas, all of which are interrelated and will support you on your journey:

PHYSICAL ACTIVITY

In this programme you will take part in a movement programme designed to meet your specific needs. Tasks are highly structured to teach your brain 'how' to move in an optimal way. This works to prevent secondary problems as well as providing new learning to tackle the challenges you face on a daily basis. By taking part in physical activity you are helping your body and brain to exercise, and this will lead to a better, healthier quality of life and improved movement function.

EMOTIONAL RESILIENCE

Emotional resilience is the ability to adapt to stressful or challenging situations. Living with a long term neurological condition, for many people, brings its own everyday challenges. By learning how to move, how to problem solve daily activities, and how to see what you are able to do, your emotional resilience will increase giving you a new found confidence and sense of achievement. Conductors are trained to support you to develop these skills through our movement based programmes.

A NEW DIRECTION OF SELF-CONTROL, DETERMINATION AND POTENTIAL

The only way to find out what you are able to do is to be guided into new and sometimes challenging tasks. Conductors are skilled at helping you find your potential, supporting and teaching you how to overcome daily obstacles, and to achieve more than you thought. By learning how to take control over your movements you will gain greater confidence and find new ways of achieving your goals. The conductors will be with you each step of the way and guide you to find the pathway you want to help you feel more in control of your condition.

KNOWLEDGE AND UNDERSTANDING OF THE IMPACT OF THE CONDITION

We recognise and respect that the diagnosis of a long term condition, or the sudden impact of having a stroke, are life changing events. Today there is so much information available about what may or may not happen to you that it can be scary or confusing. Conductors will work with you to help you understand what has happened in the brain to affect your movements, why you now find it hard to perform movements in the way you used to, and of course how you can change that. Whilst you will always be the keeper of knowledge about your own situation our conductors can work with you to share experience and support you in making the changes you want.



A NEW PATH TO OPTIMAL LIVING

Optimal living is a personal concept. Conductors will be guided by you on the daily life skills you feel are important to your quality of life. They will provide practical solutions, advice and support, wherever possible, to help you overcome specific activities in your daily life. Problems cannot be removed, but knowing how to tackle them moves them from problems to challenges. Conductors can use their expert knowledge of movement to help you and your family find the best way to manage your practical activities.

SOCIAL SUPPORT

There is a great deal of evidence about the benefit of social support for our brain health. This is irrespective of any underlying neurological condition and therefore something that all of us need to focus on. The small group sessions, alongside others in a similar situation, will provide you with group support. In Conductive Education we believe that working in small groups is a key element to learning and development and improves our brain health. Group work creates a sense of fun, shared achievements, shared problem solving and informal support. All of these work together to promote a state of 'wellness' despite the underlying condition. We encourage all members of the group to join for informal refreshments at the end of the session. This provides an additional support network and in many cases can lead to forging new friendships and support networks.

SERVICE AVAILABLE

Groups run everyday and are diagnosis specific. Conductors will offer you a place in the group that will be best meet your needs and ensure your development and support. Groups will on average consist of five people, with two fully qualified conductors guiding the sessions. The groups and sessions are constructed to meet the needs of everyone in the group and so regular attendance is key to your development.

WEEKLY SESSIONS

These are used in exceptional circumstances where someone is looking for a shorter term 'boost' to their development.

FORTNIGHTLY SESSIONS

People most commonly attend fortnightly. These sessions offer you an opportunity to tackle problems in their early stage or continue to build on your achievements to date. It provides you with a secure environment to know that you are managing the condition in the best way and that expert advice and help is on hand on a regular basis. This provision also helps you work at a preventative level as your movements are regularly observed, assessed and monitored with advice given as needed.

Groups are constructed to meet individual needs and places in each group limited, to ensure that you receive the support you need from the conductors.



MONTHLY SESSIONS

These are available for people who are living an active lifestyle, still at work and/or able to manage their condition with minimal input. These sessions will provide tailored advice and generally complement other input you may be accessing.

NICE does not operate a discharge policy. Once you start your initial provision with us you become a member of NICE and able to access our services. We believe that long term conditions needs long term solutions. Our aim is to be with you, and your family, on your pathway and to offer timely support when needed, reducing the need for long waiting times between services. You are free to leave NICE services at any time and any point when you no longer feel it is beneficial to you. Conductors will meet with you regularly, and are always available to discuss your needs, and note any changes which may affect your ability to take part actively in the sessions. We see your diagnosis as one which affects the whole family and offer additional support and guidance for your family members, through support groups and individual appointments as necessary.

NICE THE CHARITY

NICE is a UK registered charity (no: 295873) and was formed in 1986. Over the years we have worked tirelessly to raise funds to enable all our adult participants to access free introductory courses and low cost maintenance services. Unfortunately we are not able to provide all our services free of charge so we charge £40 per session for our maintenance programmes. This is a subsidised fee and is not means tested making sure that it is fair for everyone.

As a charity we hold events to raise funds and rely on donations to make up the funding we need. Across our children' and adult services we have a target of £500,000 to raise each year. Please do help us by spreading the word about any benefits you have gained and encourage others to support our fundraising events. This will help secure services well into the future for both yourself and the next generation to come.



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www.conductive-education.org.uk



Cannon Hill House, Russell Road,
Moseley, Birmingham B13 8RD
Registered Charity No. 295873