



MOVE™ International

Mobility Opportunities Via Experience

MOVE is a philosophy and a way of life. It's a proven practice that individuals with multiple disabilities can learn to:

SIT to eat, learn, play, and even participate in employment

STAND for activities such as washing at a sink, food prep, and upright toileting.

WALK to move and participate in leisure or complete tasks.

TRANSITION out of a bed or wheelchair and from sitting to standing.



A Division of Center for Disability Services

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MOVE™ International (Mobility Opportunities Via Experience) MOVE International is an activity-based program designed to improve independence and overall quality of life. Through the program, individuals of all ages and cognitive levels acquire motor skills for sitting, standing, walking, and transitioning utilizing equipment such as adaptive chairs, standers, and gait trainers. MOVE International is suitable for any individual with a disability who needs assistance in these areas, regardless of age or cause of disability.

How MOVE™ International Works

The MOVE program is based on research showing the brain's ability to form new pathways through repeated practice and activity-based intervention. Participants practice skills required for day-to-day tasks in natural situations. It employs a top-down strategy that integrates the participant's current capabilities with a targeted instructional process. The program can be implemented by family members, teachers, therapists, and other professionals, and can be carried out in various settings, including schools, adult day programs, assisted living communities, and at home.

The MOVE Program is comprised of six steps to assist the individual, family, and/or care providers in helping the learner advance in their gross motor skills:



Progress is documented using an Assessment Profile and Reference Manual. Included in the Assessment Profile are a comprehensive TOPDOWN MOTOR MILESTONE TEST® and a prompt reduction plan, which allows for easy documentation, goal writing, and task analysis.