

All programmes provided by the Regional and Premium Service Department in the year 2017 are built on the method of age and symptom specific conductive educational development. On top of the basic provision, clients may participate in the following additional programmes.

## 1 PROGRAMME DESCRIPTION: ATAXIA/ATHETOSIS GROUP

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The ataxia/athetosis group offered by the András Pető College provides development through conductive education for children and young people with involuntary movements and coordination disorders. As a consequence of damage to certain areas of the nervous system, the harmony between the speed, volume and force of movement is overturned and that is manifested in involuntary movements, unsteady walking, disturbances of coordination and disharmony of voluntary movements. The purpose of the group is to develop those afflicted areas by learning.

Aims of the programme include:

- Learn to stop involuntary movements (fixation).
- Learn activities of daily living applying previously developed solutions.
- Develop voluntary movements.
- Improve coordination and aiming movements.
- Achieve and sustain equilibrium positions.
- Learn and improve methods of independent locomotion (with or without special aids).
- Learn and improve self-care (dressing/undressing/feeding/toilet use).
- Develop speech, provide counselling concerning alternative communication.

In the comprehensive conductive programme we adopt task series and tasks with a particular rhythm, developed specifically for these diagnoses, to teach simple and more complex forms of movement and ways of adaptation.

The programme is organised for two age groups. In the kindergarten/young school age group the age range is 4 to 7 years, to the adolescent/young adult group we invite candidates over 13 years of age.

For the programme to be started, the lowest possible number of participants is 4. Three courses per year can take place and conductive education can be resumed during the summer camp as well.

For course dates please visit our website [www.peto.hu](http://www.peto.hu).

In case you wish to apply for the programme, please send your medical documents and an introductory video to [ce@peto.hu](mailto:ce@peto.hu).

## 2 PROGRAMME DESCRIPTION: ADVANCED GROUP PREPARING FOR INCLUSION (GMFCS I-II)

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The *Advanced group preparing for inclusion* offered by the András Pető College is run for persons with central nervous disorders whose motor condition allows the development of walking unaided, with or without special aids. We look forward to admitting former and new learners walking independently or with a little assistance and with devices, or who need support to shape their independent walking.

Aims of the programme include:

- Promote independence in all areas.
- Develop and improve walking without assistance (with sticks, with a walker, independently).
- Develop walking pattern and the quality of walking (step length, walking rhythm).
- Develop walking under varying circumstances (change direction while walking, learn to step onto/over objects, learn to transfer weight etc.).
- Walk on stairs.
- Develop balance, improve posture.
- Improve coordination.

Following assessment of the participants, comprehensive conductive tasks are composed, personal development plans are prepared, and the goals of the programme are adjusted to the participants of the given group. The conductive education process is supported by home tasks tailored to each individual's needs.

The programme is organised for two age groups. In the kindergarten/young school age group the age range is 3 to 7 years, to the adolescent/young adult group we invite candidates over 13 years of age.

For the programme to be started, the lowest possible number of participants is 4. Three courses per year can take place and conductive education can be resumed during the summer camp as well.

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### 3 PROGRAMME DESCRIPTION: SMA-SPINA BIFIDA GROUP

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The András Pető College launches a conductive development group for individuals with spina bifida and SMA. Our aim is to offer conductive education also to persons living with conditions of lower incidence and thereby an opportunity to improve their quality of life.

Spinal muscular atrophy (SMA) is a rare hereditary disease originating from a defect in the SMN gene that leads to a gradual loss of motor neurons in the spinal cord. The loss of nerve cells causes progressive muscle wasting and atrophy in the adjoining muscles.

In spina bifida the development of the neural tube gets at some stage disrupted and thus the closing of the spine remains incomplete. Possible consequences include partial or full paralysis of the lower limbs, problems with bladder and bowel control as well as various learning and attention disorders.

During conductive education we teach:

- Mobilisation of the lower limbs.
- Change of position.
- Safer sitting.
- Change of place (indoors or in the street).
- Use of special aids.
- Development of cognitive functions.
- Achieve and sustain equilibrium positions.

- Maintain existing motor functions.
- Improvement of breathing function.
- Development and maintenance of spine mobility.

Following assessment of the participants, comprehensive conductive tasks and personal development plans are prepared. The conductive education process is supported by home tasks tailored to each individual's needs.

For the programme to be started, the lowest possible number of participants is 3. Three courses per year can take place and conductive education can be resumed during the summer camp as well.

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## 4 PROGRAMME DESCRIPTION: BABY AND MOMMY GROUP

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The András Pető College organises baby and mommy groups in English and Russian language. To the group we invite children with central nervous disorders from 1 to 3 years of age. In addition to providing conductive development to the children, the group is aimed to teach mothers how to assist their children. Adaptation at home of what they learn here will promote the development of the child.

During the programme:

- Children and parents acquire new knowledge in a relaxed, pleasant atmosphere.
- Everything takes place in a playful manner, irrespective of what it is.
- The professional leading the programme creates opportunities for play and movement.
- Parents and children are motivated to solve playful tasks together.
- We assist adaptation at home and the setting of a daily routine.
- Personal consultation is offered continuously to make more accurate understanding and discussion of individual problems possible.

Following assessment of the participants, comprehensive conductive tasks and personal development plans are prepared. The conductive education process is supported by home tasks tailored to each individual's needs.

For the programme to be started, the lowest possible number of participants is 4. Three courses per year can take place and conductive education can be resumed during the summer camp as well.

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## 5 PROGRAMME DESCRIPTION: KINDERGARTEN GROUP

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The András Pető College has run kindergarten groups for children between 3 and 7 years of age for many years. In the course of conductive education, forms of activities are compiled in accordance with the children's age, motor condition and interests to enable them to make progress in movement and at the same time to have fun. Motivation to activities takes place in the scope of carefully designed and systematic conductive programmes. Thereby we promote children's movement, coordination, adaptation and cognitive skills and self-confidence. Parents are given support as to how to adapt at home what they have learned in the programme and how to integrate their children into the local kindergarten community. We advise them how to find and apply appropriate special aids.

During the first week parents are present and participate in the conductive sessions and are thereby introduced to the system of conductive pedagogy as well as to the system of goals and tasks in respect of their own child. If possible, from the second week onwards children attend the programme on their own and thereby learn separation from the parents and advance in the area of social skills.

Following assessment of the participants, comprehensive conductive tasks are composed and personal development plans are prepared. The conductive education process is supported by home tasks tailored to each individual's needs.

For the programme to be started, the lowest possible number of participants is 4. Three courses per year can take place and conductive education can be resumed during the summer camp as well.

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## 6 PROGRAMME DESCRIPTION: TEENAGER GROUP

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The András Pető College offers a teenager group for youths with central nervous disorders. The group is homogeneous in respect of age and heterogeneous concerning diagnoses. We invite young people with severe and moderate motor conditions between 11 and 16 years of age. There is an opportunity to launch an English or Russian speaking group as well.

During the conductive programme learners are taught:

- Alternating/parallel gross motor movements with the lower and upper limbs in horizontal and vertical direction.
- Relaxation methods.
- Basic forms of changing position (turn over, sit up).
- Forms of changing place (roll, crawl).
- Stand up, stand, transfer weight, initiate steps.
- Develop methods of walking with special aids.
- Achieve steady sitting and standing.
- Develop fine manipulation skills.
- Develop self-care (dressing/undressing, feeding, toilet use).

- Develop cognitive functions.
- Adapt during the daily routine and in activities at home what has been learned.

The programme is aimed at helping teenagers achieve a higher level of independence in everyday life and fulfil their individual needs with less physical assistance. We focus on adaptation.

Following assessment of the participants, comprehensive conductive tasks are composed, personal development plans and the goals of the programme are adjusted to the participants of the given group (diagnosis, severity, age). The conductive education process is supported by home tasks tailored to each individual's needs.

For the programme to be started, the lowest possible number of participants is 4. Three courses per year can take place and conductive education can be resumed during the summer camp as well.

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## 7 PROGRAMME DESCRIPTION: OPEN PROGRAMME

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The András Pető College offers an open programme for children with central nervous disorders. The group is homogeneous in respect of age and heterogeneous concerning diagnoses. We invite children between the ages of 5-12 with mild, moderate or severe motor conditions. The aim is that all those children could get the opportunity to take part in conductive education for whom the parallel programs are not suitable. There is an opportunity to launch an English or Russian speaking group as well.

During the conductive programme learners are taught:

- Alternating/parallel gross motor movements with the lower and upper limbs in horizontal and vertical direction.
- Relaxation methods.
- Basic forms of changing position (turn over, sit up).
- Forms of changing place (roll, crawl).
- Stand up, stand, transfer weight, initiate steps.
- Develop methods of walking with special aids.
- Achieve steady sitting and standing.
- Develop fine manipulation skills.
- Develop self-care (dressing/undressing, feeding, toilet use).
- Develop cognitive functions.
- Adapt during the daily routine and in activities at home what has been learned.

The programme is aimed at helping children achieve a higher level of independence in everyday life and fulfil their individual needs with less physical assistance. We focus on adaptation.

Following assessment of the participants, comprehensive conductive tasks are composed, personal development plans and the goals of the programme are adjusted to the participants of the given group (diagnosis, severity, age). The conductive education process is supported by home tasks tailored to each individual's needs.

For the programme to be started, the lowest possible number of participants is 4. Three courses per year can take place and conductive education can be resumed during the summer camp as well.

For course dates please visit our website [www.peto.hu](http://www.peto.hu).

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