

# Mobility Matters

**Reinforcing the  
importance of ON Time  
Mobility for all**

Online Training  
Vermont Early Mobility  
(VEM)  
Feb 8, 2024 12:00pm



THE UNIVERSITY OF VERMONT  
**CENTER ON DISABILITY &  
COMMUNITY INCLUSION**

# Introductions

**Tamra Yandow, PT** [she/her]

PT Consultant, Project Director

**Phoebe Chestna, OTR-L** [she/her]

OT Consultant

**Scottie Taylor, DPT** [they/them]

PT Consultant

# Objectives

- Increase awareness of typical gross motor development
- Be able to discuss and describe independent mobility and on time mobility
- Increase awareness of how mobility expands access to opportunity
- Increase understanding of how mobility enhances learning and participation across development
- Increase understanding of mobility as a human right



**Advocate**

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# Mobility As A Human Right

Learning and development is supported through movement – it is our job to provide equitable and inclusive opportunities for all

**Mobility** is a foundational skill for participation in the roles and activities of daily living.

[P. Hardy - Powered wheelchair mobility: an occupational performance evaluation perspective]



# Examples of Gross Motor Development



# Typical Gross Motor Development

- Rolling 4 months
- Sitting 6 months
- Getting to sitting 8 months
- Crawling 10 months
- Cruising 11 months
- Walking confidently 13-15 months

# More Ways to Move!





**Independent mobility** is *movement led* \*by the child\* - giving them experiences that support their development alongside their peers.



# Independent Mobility or Management?

- Front Baby Carrier
- Gait Trainer
- Upsee
- Wagon
- Manual Wheelchair
- Stroller
- Power Wheelchair

# ON Time Mobility



All children have the right to be mobile throughout their development to explore, engage in relationships, and develop agency to cocreate their lives.

(Saber, Feldner, Tucker, Logan, Galloway, 2022)

If children are deprived of the opportunity for mobility then, as a direct result of not being able to move around and engage in activity, they may demonstrate a lack of self-initiating behaviours, reduced motivation and generally a sense of 'learned helplessness.'

(Butler 1986; Durkin 2002; Nisbet 2002; McDonald 2004)

# Participation and Learning Opportunities Made Possible By Mobility



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Video has no sound



**You Can't Participate if You Can't Get There!**



# Social and Emotional Learning





# Visual Spatial Learning and Perspectives



# Self Determination



# Play – pulling all the pieces together!



# Primary Learning Opportunities Expanded by ON TIME, INDEPENDENT MOBILITY

Play

Self Care and Management

Self Awareness and Self  
Determination

Sensory Exploration

Communication

Social and Emotional Skills

Engagement

Visual Spatial Skills

Fine Motor Skills

Gross Motor Skills

Spatial Awareness

Cognitive growth

# Off The Shelf Independent Mobility Options



# Custom Independent Mobility Designs



# ON Time Mobility Framework



- Timing (when mobility is typically emerging)
- Urgency (so as not to miss out on developmental opportunity)
- Multimodal (gross motor supports and a range of mobility technologies)
- Frequency in Real World Environments (high frequency, self-directed, variable movement in natural settings)
- Sociability (interconnections between mobility and social communication)

## Frequently Heard Concerns

Driving?! At two years old?! Is that safe?

I don't want my child to be lazy!

I really want my child to walk!



## Resources

Vermont Early Mobility Project Website: [go.uvm.edu/earlymobility](https://go.uvm.edu/earlymobility)

Vermont Early Mobility Project Resource Website:

<https://cdci.w3.uvm.edu/blog/earlymobilityresources/>

On-time mobility framework:

[https://journals.lww.com/pedpt/fulltext/2022/10000/on\\_time\\_mobility\\_\\_advocating\\_for\\_mobility\\_equity.23.aspx](https://journals.lww.com/pedpt/fulltext/2022/10000/on_time_mobility__advocating_for_mobility_equity.23.aspx)

**Vermont  
Early  
Mobility**



[Tamra.yandow@uvm.edu](mailto:Tamra.yandow@uvm.edu)

[Phoebe.chestna@uvm.edu](mailto:Phoebe.chestna@uvm.edu)

[Scottie.taylor@uvm.edu](mailto:Scottie.taylor@uvm.edu)

# THANK YOU!

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