Conductive Education for Parkinson’s Disease

MEGAN BAKER HOUSE

Moreton Eye
Leominster
Herefordshire
HR6 0DP
T 01568 616179
www.meganbakerhouse.org.uk

Registered charity number 1093392
About Megan Baker House

Megan Baker House is a registered charity that was set up in 2001 by the parents of Megan Baker who had cerebral palsy.

Megan Baker House promotes the welfare of motor disabled children and adults and provides Conductive Education services free of charge.

It is one of the only services of its kind in an area that now covers the whole of the UK.

What Is Conductive Education (CE)?

Conductive Education is an educational system that teaches children and adults with motor disorders (eg: Parkinson’s disease, Multiple Sclerosis, Stroke, Head Injury, Cerebral Palsy and similar conditions) how to overcome their difficulties and therefore lead a fuller, more independent life.

Conductive Education is a holistic approach, therefore encompasses all aspects of development and everyday life from walking to fine motor control.

Conductive Education can only be delivered by trained professionals called Conductors.

“It’s great to be given a chance to come here, and it’s helping”
“I feel more confident since attending”
“I was please to meet others in the same boat”
“It’s nice to see that we have already improved after such a short time”
“It will be beneficial beyond all my expectations”

All quotes via Parkinson’s Group participants
The first steps

First of all you need to fill out an Assessment application form; these can either be posted out to you or downloaded from our website. Once we receive the completed form, we will contact you to arrange for an Initial Consultation. This meeting gives an opportunity for you to find out what Conductive Education is and what it can offer you.

During the consultation we also carry out a movement assessment, which gives us a chance to assess your potential and the challenges faced by you.

We will send you a written report based on the consultation with our observations and recommendations.

Format of a session

Conductive Education sessions are almost always run in small groups put together according to diagnosis and similar ability. The sessions are organised into different programmes, starting with a lying programme. Tasks are carried out in a lying position on a slatted wooden plinth where you do not have to work against the forces of gravity. This is followed later by a standing programme where you would learn how to get into and out of a standing position, learn weight bearing and transference of weight.

Within each programme there is a series of tasks, which are not simply a set of exercises but specific combinations of movements. When these are implemented into activities throughout the day enables you to reinforce and practice the skills that you have learnt.
Potential benefits of CE

- Improved posture and symmetry
- Knowledge of how to initiate movements better
- Increased tempo of movements
- Improved balance and co-ordination
- Techniques to reduce/control involuntary movements
- Increased range of movements
- Improved walking technique
- Techniques to move around
- Techniques to overcome freezing
- Improved fine manipulation skills
- Improved writing technique
- Improved facial expressions
- Improved speech
- Improved confidence and self-esteem