

## PLANNING OPPORTUNITIES FOR UPTIME

Follow these 4 steps to create and implement a daily routine of uptime activities for and with the person with Rett syndrome.

### **Step 1. Assess what activities could be possible?**

Assess your individual situation. Talk with family members, therapists, and support workers, and the person with Rett syndrome.

Write down the answers to the following:

1. What are the person's motor skills?
  - a. Can the person stand or walk on their own or do they need help?
  - b. How long can they stand or walk for?
  - c. How long does the person sit? You may consider planning breaks for movement during long periods of sitting.

Motor skills:

2. What are the person's interests?

- a. Are there activities or tasks that they particularly like? For example, do they like being with people or outdoors?
- b. Are there activities that can provide responsibility for the person with Rett syndrome in household tasks?

Interests:

3. What are your usual schedules and activities?
  - a. Think about routines when getting up in the morning, during the day, after school or activity centre, and when going to bed in the evening for uptime opportunities.
  - b. Think about activities with siblings, friends, neighbours, etc.

Usual schedules and activities:

4. Who are your available support persons for regular uptime activities?
  - a. Who in your family can support the person's uptime routines?
  - b. Are there persons at school or activity centres, in your home or in your community who can support uptime routines?
  - c. Are there other carers or people in your life who can support uptime routines?

Available support persons:

5. What equipment could help?
  - a. Do you have the equipment that you need?
  - b. People with Rett syndrome may use a standing frame, a walker or switches to help with activities [[hyperlink to our equipment page](#)]

Equipment:

*Now, make a list of what uptime activities could be practiced, where and when, who with, and whether new equipment is needed.*

Uptime Activity 1:

Uptime Activity 2:

Uptime Activity 3:

Uptime Activity 4:

Uptime Activity 5:

Uptime Activity 6:

**Step 2 Understand why the uptime activities are important for the person**

Standing and walking activities are important for good health, mental health and quality of life. Standing and walking activities can help in many ways:

1. Developing and maintaining balance, muscle coordination, fitness, and strength.
2. Better motor skills for safer movements.
3. Practising tasks for independence.
4. Opportunities for choice and control.
5. Self-regulation - walking can be calming.

*Make of list of why the uptime activities are important for your person with Rett syndrome.*

<input type="checkbox"/> Developing and maintaining balance. <input type="checkbox"/> Developing and maintaining muscle coordination. <input type="checkbox"/> Developing and maintaining fitness. <input type="checkbox"/> Developing and maintaining strength. <input type="checkbox"/> Better motor skills for safer movements. <input type="checkbox"/> Practising tasks for independence. <input type="checkbox"/> Opportunities for choice and control. <input type="checkbox"/> Self-regulation. <input type="checkbox"/> Other _____ <input type="checkbox"/> Other _____ <input type="checkbox"/> Other _____
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**Step 3 Set your goals**

Set your goals. You can have 1 to 3 goals at a time. The goal should include:

- **What** activity you decide to do;
- **Where** to do the activity;
- **When** to do the activity;
- **Who** to do the activity with; and
- **Why** do the activity (from Step 2)

Goal 1:

Goal 2:

Goal 3:

**Step 4 Make your routine of regular uptime activities**

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Morning							
Afternoon							
Evening							