



**What is Hemiplegia (Hemiparesis)?**

**‘Hemi’** refers to a condition that affects one side of the body (Greek ‘hemi’=half).

The terms ‘right or left Hemiplegia’ is normally used depending upon on the side

affected.

It is caused by damage to some part of the brain during or soon after birth- this is known known as **congenital Hemiplegia**.

Hemiplegia

If in later life the brain receives an injury it is known as **acquired Hemiplegia.**

An injury to the left side of the brain will cause right Hemiplegia and visa versa.

Childhood Hemiplegia is relatively common affecting **one child in 1,000.**

**80%** of cases are congenital and **20 %** are acquired.

**How does it occur?**

The causes are mostly unknown; however premature babies are at greater risk.

**How to help?**

Hemiplegia cannot be cured, but a lot can be done to minimise the effects. A

developing brain is flexible and other parts of the brain can be taught to

compensate.

**Associated difficulties**



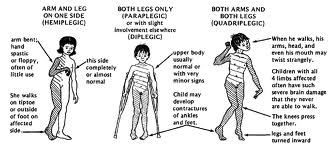
@50% of children with Hemiplegia also have other difficulties eg epilepsy, visual impairment, speech difficulties, perceptual, emotional or behavioural difficulties.

**Information sheets**

We provide a summary page with up to date information, videos’ links to resources, factsheets to give to staff/ families

<http://redbridgeserc.org/conditions/category/cerebral-palsy-hemiplegia>

**UK Charities and support groups**



**HemiHelp** is a great resource for school staff and

parents. They have over 30 leaflets free to

download, parent support, school pack etc.

[www.hemihelp.org.uk](http://www.hemihelp.org.uk) Tel: 08451232372

**HemiHelp** provides;

* Website and message board [www.hemihelp.org.uk](http://www.hemihelp.org.uk)
* Helpline 08451232372
* Fun days with regional ‘try it’ activity days.
* Conferences, local groups, etc
* PEN PALS scheme ( for children 5 +yrs)
* Primary Schools Pack

**Hemihelp free factsheets**

<http://www.hemihelp.org.uk/hemiplegia/publications/leaflets/>

* What is Hemiplegia?
* HemiHelp Services
* Family and Friends ( highly recommended to give to teachers as has simple top tips)
* Brothers and sisters
* Early Years Education and advice
* Schools Pack – highly recommended
* Epilepsy and Hemiplegia
* Visual Perceptual Difficulties – recommended reading as this is often overlooked
* Emotional and behavioural difficulties
* Coping with Behaviour Problems
* Equipment list
* Dressing /Shoes/ Shoe lacing
* ICT/ Accessing computers
* DLA ( good guidelines to completing the form), grants and benefits
* Sports and keeping active
* Over 16’s page
* Advice with regards to riding bikes, music etc

**Specific advice for schools**

**Early Years**

<http://www.hemihelp.org.uk/professionals/education/pre_school/>

**Primary School**

<http://www.hemihelp.org.uk/hemiplegia/publications/new_schools_pack>

**Secondary School**

<http://www.hemihelp.org.uk/professionals/education/secondary/>

**Equipment**

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| --- | --- | --- |
| **posture.jpg** | **Posture Pack** | <http://www.backinaction.co.uk/posturepack> |
| **WS.png** | **Writing slope** | <http://www.thedyslexiashop.co.uk/writing-slope-1.html>  or Amazon |
| **Card holder.png** | **Card holder** | <http://www.thedyslexiashop.co.uk/circular-card-holder.html> |
| **file_2_3_1.png** | **Easy grip scissors** | <http://www.thedyslexiashop.co.uk/easi-gripr-scissors-right-handed.html>  also available in left handed |
| **ruler.jpg** | **My first ruler** | <http://www.thedyslexiashop.co.uk/my-first-ruler.html> |
| **ruler with handle.jpg** | **Ruler with handle** | <http://www.amazon.co.uk/Wedo-0525235-Aluminium-Slip-Proof-Attachments/dp/B001OUZ6RC/ref=sr_1_18?ie=UTF8&qid=1348253352&sr=8-18> |
| **grip.png** | **Grip pencils- coloured and HB** | <http://www.thedyslexiashop.co.uk/faber-castell-jumbo-grip-colour-pencils-box-of-6-colours.html> |
| **Handhugger.png** | **Hand hugger pens & pencils** | <http://www.thedyslexiashop.co.uk/berol-handhugger-writing-pen.html> |
| **58406.jpg** | **Magnetic board** | <http://www.countyboroughsupplies.org/Products/Curriculum-Resources-And-Role-Play-Furniture/Learning-Boards-Laptop-Boards-And-Easels/Magnetic-Dry-Wipe-Laptop-Boards-And-Accessories/Magic-Write-OnWipe-Off-Magnetic-Boards.aspx> |
| H.jpg | **Helix**  **Achiever** | <http://www.amazon.co.uk/gp/product/B0012E1YKI/ref=oh_details_o03_s00_i00> |
| protractor with handle.jpg | **Protractor with handle** | <http://www.amazon.co.uk/gp/product/B003XV94H8/ref=oh_details_o00_s00_i00> |
| Spreading board.jpg | **Spreading**  **board** | <http://www.amazon.co.uk/gp/product/B003WUS3UE/ref=oh_details_o04_s00_i00> |
| **drinks pourer.jpg** | **Drinks pourer** | <http://www.amazon.co.uk/gp/product/B0065GI18Q/ref=oh_details_o02_s00_i00> |
| KN.jpg | **Knork** | <http://www.amazon.co.uk/gp/product/B000P1OXMA/ref=oh_details_o02_s00_i00> |
| rp.jpg | **Ring pull** | <http://www.amazon.co.uk/gp/product/B007SW2UPQ/ref=oh_details_o05_s00_i00> |
| can opener.jpg | **One handed can opener** | <http://www.amazon.co.uk/gp/product/B000SCMG8O/ref=oh_details_o05_s00_i00> |
| **wc.jpg** | **Wobble cushion** | <http://www.amazon.co.uk/gp/product/B0057EQILE/ref=oh_details_o01_s00_i00> |
| **zipper pull.jpg** | **Zipper pull** | <http://www.amazon.co.uk/gp/product/B0054IHL8M/ref=oh_details_o04_s02_i00> |
| 31QBpJHpZhL._SL500_SS100_.jpg | Vizi  Coil  laces | <http://www.amazon.co.uk/gp/product/B003UB1ZIM/ref=oh_details_o04_s00_i01> |
| elastic laces.jpg | Elastic  shoe laces | <http://www.amazon.co.uk/gp/product/B002GTX79Y/ref=oh_details_o06_s00_i00> |
| greepers.jpg | Greeper  laces | <http://www.greeper.com/index.php> |
| PH.jpg | **Personal**  **Hygiene device** | <http://www.amazon.co.uk/gp/product/B008D6P2TW/ref=oh_details_o00_s00_i00> |
| shoe horn.jpg | **Shoe**  **horn** | <http://www.amazon.co.uk/gp/product/B003WFRFBC/ref=oh_details_o06_s00_i00> |
| Button helper.jpg | **Button Helper** | <http://www.boots.com/en/Age-UK-Button-Helper_1218560/> |
| **tube squeezer.jpg** | **Easy out tube squeezer** | <http://www.boots.com/en/Easy-Out-Tube-Squeezer_1240011/> |
| long handled sponge.jpg | **Long**  **handled**  **sponge** | <http://www.livingmadeeasy.org.uk/personal%20care/long-handled-washing-aids-p/long-handle-sponge-0020696-588-information.htm> |
| Mag tape.jpg | **Magnetic**  **tape** | <http://www.amazon.co.uk/gp/product/B001DT262C/ref=oh_details_o01_s00_i00> |
| Gordon peeler.jpg | **One handed peeler** | <http://www.boots.com/en/Gordon-Peeler-and-Clamp_1236683/> |
| Mini jug.jpg | **Mini jug kettle** | <http://www.boots.com/en/President-Mini-Jug-Kettle_1217654/> |
| dycem bottle opener.jpg | **Dycem bottle**  **opener** | <http://www.boots.com/en/Homecraft-Dycem-Bottle-Opener-Blue_983690/> |
| dycem.jpg | **Dycem**  **Non-slip**  **mat** | [www.redbridgeserc.org](http://www.redbridgeserc.org)  We sell Dycem at cost- contact us 020285038773 |
| scoop dish.jpg | **Round**  **Scoop**  **dish** | <http://www.boots.com/en/Round-Scoop-Dish-Ivory_1232160/> |
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**Visual Perception**

Visual perception involves;

* organisation of incoming information
* relates that information the things the brain has already experienced

**What difficulties are linked to Hemiplegia?**

* **Attention** Your brain makes cognitive maps constantly to decide what visual information to keep or discard otherwise we would overload our brains. Pupils with Hemiplegia have difficulty deciding what to keep and what to discard, sometimes they attend to the minute peripheral details and miss the main points.
* **Visual fields difficulties** A visual field defect can mean a pupil cannot see what happens on one or both sides of them.
* **Hemianopia** – loss of half the visual field, this affects the ability to scan letters/ words
* **Visual neglect** causes pupils to neglect what happens on the affected side, often causing them to be unsteady in new environments
* **Visual perception**-the visual image is seen but not fully interpreted in its spatial context causing difficulties with practical tasks, dressing and undressing, numeracy tasks especially charts and graphs and general organisational abilities.
* **Disorganisation** – most students with Hemiplegia have this profile and strategies and routines need to be actively taught to save time / energy later.
* **Fatigue** – the physical and mental compensation is extremely tiring for most pupils. Some pupils need to start from scratch every single time they encounter the same problem. Pupils with Hemiplegia need to constantly think about what they are doing and how they are going to do it.
* **Self esteem** – pupils can avoid tasks they perceive as too difficult and this can be perceived as a behavioural difficulty. Tasks need to be broken into small steps/ physically modelled.

**Practical classroom strategies**

* Pupil to sit square on to the board or face to face, avoid having to turn towards stimuli
* Computer screens should be at eye height
* LSA should sit alongside pupil to ensure the same eye line of vision
* Display boards/ whiteboards should be in direct line of vision to avoid distraction
* In group work the pupil should be seated in front or middle of the group
* Provide space around the pupil as they may lean
* Do not sit a left hander next to a right hander
* Place papers on a clip board so pupils can angle the paper easily
* Use blu tak or dycem if the papers slip
* New motor patterns are better learnt on a vertical surface
* Handouts should be visually clear and of good quality – grainy copy or lots of detail will lead the pupil to become distracted
* Be away from main door / busy area
* A4 is easy to mage than A5
* Use of ICT – prediction text/ word banks etc
* Writing frames/ mind maps
* Loose leaf pages are easier than exercise books
* Add magnetic strips on tools such as protractors
* Pre- prepare graphs, charts, diagrams to label

**Specific maths problems**

Pupils with spatial difficulties often cannot plot corners to make a square, find spacing /drawing lines, enter details on a graph etc difficult.

Difficulties with hundreds, tens and units, carry numbers and column addition generally.

Use graph /squared paper, highlighter pens to track columns

Use sticky labels when entering detail in tally charts.

When comparing bar charts/ lining up objects – use a line drawn on acetate

Use stencils as it gives a clearer outline

**Getting around school**

Aspects to consider;

* Opening doors
* Climbing stairs
* Carrying a heavy schoolbag
* Carrying sports equipment
* Carrying lunch tray
* Organisation
* Finding their way around school

**Music**



* **One handed recorder** – you can load one from Hemihelp or REACH or purchase one from [www.dolmetsch.com](http://www.dolmetsch.com) .
* **Piano/ Keyboard** – Sound Sense has a range of music for one handed players.
* **Cornet, Trumpet, French horn, Trombone, Euphonium and Flute** are best suited to players who have Hemiplegia.
* **Violin, Viola and Guitar** – can be played, the weaker hand can be used to bow.

**REACH-** [www.reach.org.uk](http://www.reach.org.uk) is the Association for Children who have a hand or arm deficiency.

**REMAP-** [www.remap.org.uk](http://www.remap.org.uk) is a free bespoke service which adapts exisiting equipment for people with disabilities.

**THE PIANO EDUCATION PAGE** [www.pianoeducation.org/pnoonhnd.html](http://www.pianoeducation.org/pnoonhnd.html) has a list of pieces for one hand.



**CYCLING**

Redbridge has its own dedicated cycling centre based in Hainault.

<http://www.redbridgecyclingcentre.co.uk/>

They have a range of adapted bikes and trikes you can try; they will also advice with regards to safety and providing a challenge.

If you have any further queries check our Hemiplegia page on our website [www.redbridgeserc.org](http://www.redbridgeserc.org) or contact us at Newbridge 0208 503 8773.