



Tips for Learning and Teaching

- [Muscular Dystrophy](#) [1]



- Thought needs to be given to physical access and safety around the school building.
- Specialised seating may be utilised. Consult with the occupational therapist in this regard.
- Encourage the student to be as active as possible to keep healthy muscles in condition as long as possible.
- Utilise different strategies such as computers, handouts, tapes, etc, to allow the student to keep pace with the rest of the class.
- Adapt Physical Education activities so the student can participate (e.g. use lightweight equipment).



- Orientate the student towards ramps or lifts if necessary.
- Consult with the physiotherapist for guidance and assistance.
- Be alert for signs of withdrawal and depression, the student may feel less part of the class as the condition progresses.
- Allow extra time, if necessary, for the student to complete tasks.
- Ensure appropriate seating and that tables are suitable for a wheelchair.
- Utilise a 'Buddy system'.
- Provide consistent encouragement and support for students.
- If students use wheelchairs, where possible place yourself at their eyelevel when talking to them.

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Table-type desks with adequate leg space will need to be considered if the student has a wheelchair.
The board in the classroom may have to be lowered if the student is in a wheelchair.
To facilitate students' reading, use easels, portable reading racks or adjustable desks.



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