

## Advisory Teaching Service

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# A Standing Frame in my Classroom?

Information and advice for schools and settings



Advisory Teaching Service

C&L / SEMH / PD Team

 Gloucestershire  
COUNTY COUNCIL



Gloucestershire

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## What is it?

Equipment which:

- enables a child to stand
- supports good standing posture
- enables a child to stand for longer periods

## Why is it used?

- To strengthen bones
- Develop muscles for standing
- To help joints
- To help internal muscles and organs
- To prevent contractures and deformities
- To relieve pressure in a sitting position
- To change positioning
- To enable hand function
- For the child to experience on alternative viewpoint
- For the child to experience standing
- And for the child to be able to.....



“stand tall and look someone in the eye!!!!”

## Useful Tips

- Using a standing frame may be tiring.
- It may be uncomfortable.
- After using a standing frame a child may be quite “floppy”.  
*It could be a good idea to follow use with a simple stretching exercise; discuss this with your physiotherapist.*
- A pupil may need to go to the toilet either during or after standing.  
*It is always a good idea to check before using the stander*
- A child may find it easier to control their hands and arms when they are in a stander.
- On the other hand it may be hard work and just enough for a child to listen to parts of a lesson.
- Do not leave anyone for too long in a stander.
- Always monitor pupils carefully.
- Stander may come with trays or insets. Decide what you wish to use.
- Parents will be used to using standers with their child. Working with them will be very helpful.

This leaflet has been produced by both Education and Health Trust staff working within Gloucestershire.  
If you have any comments please contact:

**Advisory Teaching Service on 01452 583728**

## It may be a good idea to think about these things

- ✓ Always wear shoes
- ✓ Wear comfortable non-slip clothing
- ✓ Ask the child they need their sweatshirt
- ✓ Beware of chafing if a child is wearing shorts or a short skirt
- ✓ Flat shoes provide a stable base
- ✓ Slippery fabrics make it more difficult to move a child
- ✓ Scarves and jewellery may catch
- ✓ Does long hair need to be tied back?

## Remember



### Before Use



**Always Always Always**

- ✓ **Make sure the brakes are on**
- ✓ **Check equipment properly, e.g. straps**
- ✓ **Make sure all knobs and fastenings are secure**
- ✓ **Use a child's splints as advised, e.g. AFO's, body brace**

## When do I use it?

- According to physiotherapy advice
- Regularly
- During appropriate lessons or activities

## Transferring a child to a stander

- Think about aspects of Health and Safety such as fire escapes, other pupils and good handling techniques.
- Plan the transfer to and from the stander carefully.
- Put the stander where you want to use it.
- Position wheelchair close to the stander.
- Check straps and fastenings.
- Check the brakes.
- Actively include the child in the transfer.
- Think about the stander environment, e.g. where do you stand?
- Provide fastenings for work, e.g. Blu-tack or Dycem.
- Monitor the child—never leave them unattended. Keep checking foot position, straps, posture, etc.
- After stander time actively plan the next transfer.

## Why use a standing frame at school?

- To enable a child to stand with their peers
- To build on work done at home
- To help with growing
- To help with learning

*It's much easier for a child to use a standing frame when they are small. It becomes much harder when a child grows too big or heavy.*



## Fitting it into the school day

Some children use their standers in:

- Science lessons
- Technology
- Individual computer time
- TV and video sessions
- Parts of a PE lesson, e.g. to help throwing and catching
- Art lessons
- Shared text work in literacy and numeracy lessons
- Oral work and mental maths in numeracy lessons
- Class news and story time
- Music

**They do not work well in lessons where there are going to be lots of changes in activities and positions.**

