

## Advisory Teaching Service

### BASES

Cheltenham

Advisory Teaching Service  
1st Floor, Edinburgh House, Coronation Square  
Cheltenham, Glos. GL51 7SA

☎ 01452 324376  
chelt.ats@gloucestershire.gov.uk

Forest of  
Dean

Advisory Teaching Service  
Dockham Road, Cinderford  
Glos. GL14 2DB  
☎ 01594 823102  
forest.ats@gloucestershire.gov.uk

Gloucester

Advisory Teaching Service  
4—6 Commercial Road  
Gloucester. GL1 2EA  
☎ 01452 426955  
gloucester.ats@gloucestershire.gov.uk

Stroud

Advisory Teaching Service  
Redwood House, Room FO1, First Floor,  
Beeches Green, Stroud, Glos. GL5 4AE  
☎ 01452 583728  
stroud.ats@gloucestershire.gov.uk

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# A Standing Frame in my Classroom?

Information and advice for schools and settings



Advisory Teaching Service

PD Team



## 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 an 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.
- Standers 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.
- Do not use standers as classroom furniture, e.g. for drying artwork on.

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

- ✓ Always wear shoes
- ✓ Wear comfortable non-slip clothing
- ✓ Ask the child if 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.**

