

**Paces Conductive Living**  
Our Service for Adults

**Promoting Independence**  
**Building Relationships**  
**Achieving Potential**

[pacesliving.org.uk](http://pacesliving.org.uk)



## Welcome to... Paces Conductive Living

### Our Service for Adults

Paces has been providing exceptional, specialist support for adults with neurological movement disorders for many years. Our highly specialised Conductive Education approach allows us to raise the expectations and achievements of these individuals beyond what they, or others, may have believed was possible.

We passionately believe that learning does not stop when you leave school. Whether an individual has lived with a disability throughout their life, or has an acquired disability, life-long learning is paramount to our entire ethos.

We believe that Conductive Education provides an exceptional philosophy for individuals with movement disorders which can be applied directly in hands-on conductive education teaching but can also be integrated across all aspects of home and work life.

It is our belief that every person with a neurological movement disorder has huge individual potential, and the right to specialised services that allow them to realise that potential. Physical wellbeing, motivation, self-belief, and volition can be achieved whatever the extent of an individual's disability and these are basic rights that must be nurtured.



## What is Conductive Education?

Conductive Education is an educational approach developed in Hungary by Dr Andras Pető. Dr Pető was motivated by his interest in the connection between body and mind. This led him to design Conductive Education as a carefully planned and structured approach to everyday life to facilitate optimal learning and realisation of independence of both mind and body.

Conductive Education helps people achieve their potential by nurturing and developing an attitude to life and learning which is based on simultaneous development of both movement, function and personality. The desire to achieve, to be successful and to reach new goals is paramount to the process.

Conductive Education enables people to view themselves in a positive way through meaningful activity. It assists them in problem solving, learning strategies and techniques to approach the various challenges faced as a result of a neurological movement disorder.

### Who can benefit?

Conductive Education can benefit anyone with a neurologically based movement problem. Most commonly we support individuals with Cerebral Palsy, Acquired Brain Injury, Post-Stroke, Parkinson's Disease and Multiple Sclerosis. children with genetic disorders, global developmental delay and other conditions who may benefit.



## Our Vision

**Our vision is to provide exceptional services across adulthood to fully support individuals with neurological movement disorders to live active, enabled, meaningful and productive lives. We aim to fill the immense gap in adult services for individuals living with physical disabilities across adulthood through our range of educational, therapeutic, online, vocational and overnight provisions.**

## Our Ethos

**We provide all of our services, now and in the future, based on a Conductive Education ethos. This will ensure all of the individuals that join our services have their needs met holistically.**

We do this in the belief that Conductive Education helps anyone with a neurological movement disorder to use their body optimally. By engaging in Conductive Education individuals will achieve and maintain improved levels of physical activity. This is particularly important in adulthood as the impact of ageing and long-term disabilities can be reduced or slowed. Higher physical activity in turn also improves motivation and self-image and enables more effective access to wider learning of all sorts of skills. Thus, improving both the physical and psychological wellbeing of everyone accessing our services.

Formalised Conductive Education programmes are provided within our day, sessional and online services. However, the CE ethos is held to a high degree across the whole of adult services. This creates an environment which continually holds the expectation of increased involvement of physical skills (assisted by expert facilitation from our staff) which then enables all who access Conductive Living services to develop independence and skills in line with their own personal goals and interests.

Paramount to these services is our aim to support each individual in achieving volition and psychological wellbeing.



# How do I access Paces Conductive Living?

## Step 1

Enquiries and applications can be made by calling **0114 551 0419**, emailing **[darren.walker@pacesheffield.org.uk](mailto:darren.walker@pacesheffield.org.uk)** or going online to **[www.pacesliving.org.uk](http://www.pacesliving.org.uk)**. We welcome anyone who may be interested in joining our services to arrange a visit to see what we do and find out more.

## Step 2

Applicants to Paces Conductive Living will be invited to join us for a free Initial Consultation with two of our expert team. The purpose of the consultation is to gather a full picture of your current skills and abilities, and what you struggle with. We will discuss your aspirations for the future and how Paces services can support you.

This initial consultation, subject to distances involved, could be conducted in your current living setting, should travel for prospective clients be difficult.

## Step 3

Following the consultation, we will complete a comprehensive report and will be able to provide you with offers of support and access to the range of services we provide. The offer will be individually tailored to enable you to begin to progress towards your personal aims with the support of our expert team. As our services are currently in a process of development, the support and services we offer you will expand over time.

# Our Services



## Conductive Living Day Services



Our Conductive Living Day Service was established in 2002 to extend the expert support and education that our Paces School leavers continued to require once they reached adulthood.

The aspiration of this service was, and still is, to provide high levels of expert Conductive Education input across the daily routine. This is provided both formally (through structured programmes) and informally (through expert facilitation and assistance during all parts of the day).

With Conductive Education at the heart of our day service it enables us to provide high expectations, levels of activity and participation for our attendees alongside tailored physical movement programmes to support them in maintaining a healthy body and encourage development of physical skills.

Whilst our day service was initially established for our own Paces School leavers, as our services develops, it is our aspiration that can now provide support across adulthood to anyone who will benefit from full-day support with a Conductive Education centred approach.

## Conductive Living Sessional Services

Our Conductive Living Sessional Service was established in 2009 and aims to provide regular weekly Conductive Education across adulthood.

Providing both individual and diagnosis-specific group sessions our Sessional Service provides regular, flexible Conductive Education to those with both acquired and congenital movement disorders.

Sessions are usually accessed for between 1 and 2 hours weekly, fortnightly or in short blocks. The highly specialised sessions teach adults with Stroke, Parkinson's Disease, Multiple Sclerosis, Cerebral Palsy, acquired Head Injury and other movement disorders to gain greater control over their movements which in turn leads to an increase in skills and overall confidence.



# Conductive Living Enablement Services



## Home Life

Within both our day and sessional services we have long supported individuals in developing skills for independent living. This has a broad range from developing communication skills in order to select and direct carers, to putting on a load of washing to learning how to catch a bus.

We therefore knew that with the impending move to our 'New Home for Paces' we wanted to design a specific service to support individuals to develop independence skills at all levels with a bespoke teaching space in which to do so. Included in our plans are an independent living teaching 'flat' with fully adapted kitchen, toilet and living areas to enable us to provide space to develop and practice skills before transferring them to an individual's home environment.

In providing this comprehensive service we are also able to provide guidance with regards to adaptations suitable for an individual's home and they are able to try different options and equipment out before deciding on the options to suit them. Our Family Service team is always on hand and ready to support and advise families.



## Work Life

Our 'Work Life' Enablement Services were born out of the success of a pilot project we ran in our adult day services in 2006 called Leaping the Void (LTV) Artisans. This allowed us to explore the benefits of supported creative, catering, and vocational activities in combination with our expert Conductive Education facilitation.

In doing so we were able to enable the individuals participating in the programme with extremely high levels of input and participation into the planning, design and creation of items which they were then able to sell to the public. This pilot project cemented our belief that such a service should be offered and expanded upon when we move to our new state-of-the-art National Centre of excellence for adult provision – our 'New Home for Paces' – completion scheduled for Autumn 2022.

The 'Work Life' enablement services will provide individuals and groups with flexible workspaces including kitchen, IT and workshop facilities to allow for individuals to explore a broad range of enabled activities for either work or pleasure. As well as creating and producing items at all levels the enablement services will also support individuals to market and sell items to the public. By providing the opportunity for learning, practice, and independence across all levels of the service individuals will be able to find their niche and, in doing so, develop confidence and volitional skills.

In the future, we aspire to develop our offer further to offer new and varied enabled work programmes for young adults in the 18-25 age group.

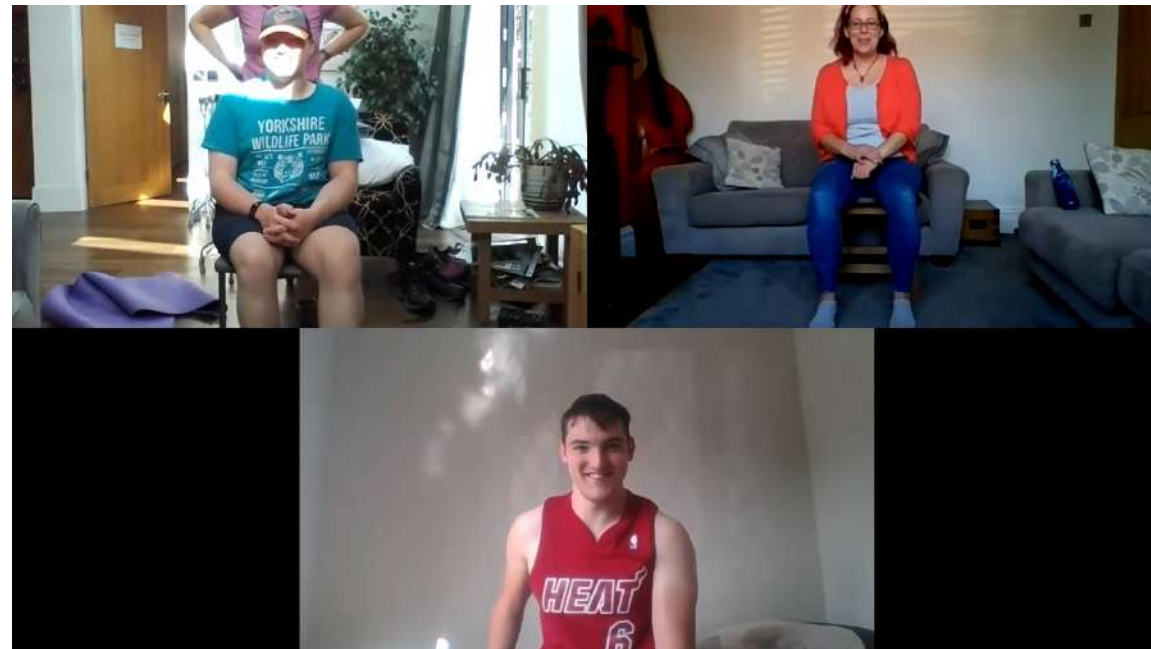


## Conductive Living Virtual Services

Paces has recently developed online Conductive Education support for the first time with great success.

This was initially a response to the temporary closure of services as a result of the Covid-19 outbreak, but its success has meant that this virtual offer has now formed part of our long-term plan of support for individuals with neurological movement disorders.

For individuals who live far from Paces and/or are unable to travel then our online sessions (for both groups and individuals) provide a comprehensive and complementary alternative to face-to-face sessions. Online sessions can also be combined with regular or block sessions face-to-face to provide a year-round programme of support.



## Conductive Living Family Services

Paces has a dedicated Family Services Team who support our children, adults, carers and families across all of the Paces Conductive Living services.

They offer support for all those accessing our services in the following ways:

- Information, advice, support and signposting to other services
- Information regarding support that is available for adults and families – including Parent to Parent support
- Information and support regarding funding and financial help available to families and individuals
- Advice and support for transitions between adult services and for school leavers
- If they cannot help, then they will find somebody that can.



# About Paces

## Our Patrons

### Professor Rosemary Varley

Rosemary, who is a past Trustee of the Charity, is Professor of Acquired Language Disorders in the Department of Language and Communication at UCL. Most of her work is directed at the investigation of post-stroke impairments in adults. Rosemary became a patron of Paces in 2018 and her support focuses on helping the Charity to establish further research into Conductive Education for both children and adults.



### Rt Hon Robert Halfon MP

Robert is a former Education Minister who himself has diplegic cerebral palsy and became patron of Paces in 2017. He is also influential Chair of the House of Commons Education Select Committee. Robert shares Paces' passion for supporting individuals of all ages with motor disorders and is particularly committed to ensuring that all young people have the very best start in life – no matter what challenges they may face.



### Harry Gratton MBE

Harry is much loved across the whole Yorkshire region, and indeed beyond, as the anchor of Look North for almost 40 years. He has supported Paces for many years now - in 2019, Harry compered our very successful Charity Ball and has also helped facilitate visits to our School by the Sheffield United Football team.



## Funding

Paces is a registered Charity and we are committed to constantly fundraising to sustain and grow our unique services.

The different areas of Paces Conductive Living services all have slightly different setups in terms of fees and funding streams. If you wish to find out more about the fees and funding options available for any adult service do please get in touch.

## Evening and Weekend Activities

Paces Conductive Living Adult Services is able to offer superb facilities, ideally adapted to suit individuals with additional needs. As such, we offer use of our spaces to other organisations both in the evenings and at weekends.

## Contact Us

If you would like to contact us about any of the above, or anything in this document, please contact our Paces Conductive Living team:

- **Darren Walker, Manager of Adult Services**  
Darren.Walker@PacesSheffield.org.uk
- **Emma Parker, Senior Adult Conductor**  
Emma.Parker@PacesSheffield.org.uk
- **Jules McDonald, Adult Consultant Conductor**  
Jules.McDonald@PacesSheffield.org.uk







## **Paces Conductive Living for Adults**

*Proud to be part of Paces*

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