

# READY POSITION

(Why? What To Consider? What Does This Look Like?)

## Why Does Your Student Need A Ready Position?


- Shows that s/he is attending to the task at hand.
- Reduces the energy/physical output required to perform the task (e.g. hand use).
- Increases the chances of success for the student to perform the task.
- Positions him/her for optimal functional output.
- Cues the student that s/he needs to work.
- Responses that occur from your student following a ready position are more easily interpreted.
- Facilitates more effective communication.
- Enables the student to use full visual range.

## Considerations When Determining Your Student's Ready Position

- Student's:
  - health, fatigue level, vision and hearing
  - muscle tone and head control
  - ability to control his/her own movements
  - position/equipment used (e.g., standing frame, wheelchair, desk)
  - ability to understand language or other cues
  - motivation to perform the task
- Additional external supports may be required (e.g., tray, elbow blocks, pillow for support, foot plates, etc.).
- The amount of time it may take for student to assume a ready position.
- The position of the helper in relation to student.
- The nature and difficulty of the task.
- Distracters within the environment.



## Example Of A “Ready Position” For A Sample Student

Checklist For Ready Position	Picture of Sample Student in Ready Position
<ul style="list-style-type: none"> <li>• head up, arms supported on tray/desk (elbows slightly in front of shoulders), trunk supported with chest straps, laterals, etc.</li> <li>• external supports in place (e.g.: tray, feet on foot plates (when in wheelchair) flat on floor or stool if in regular chair</li> <li>• helper positioned in student’s best visual field</li> <li>• visual clutter and other distracters reduced</li> <li>• student’s attention is obtained</li> <li>• materials are ready</li> <li>• switch in appropriate position for access</li> </ul>	

### Other examples of “Ready Positions”

