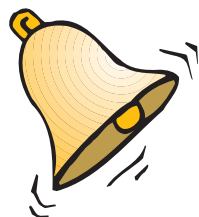


Boosting Alertness

When we feel our energy getting low, we all use various forms of movement or sensory stimulation to increase our level of alertness. It may be unconscious (e.g. a subtle change of position or foot tapping) or conscious (e.g. a short walk, or a vigorous exercise program).

Here are some ways the team can help the student maintain, or increase energy levels and attention for learning activities:

- Change the activity or the location
- Change the people the student is working with
- Use a more active position (e.g. sitting on a bench rather than in a chair, standing to do the activity)
- Increase the activity level around the student



- Increase social contact and conversation
 - Place a cool, damp cloth on the face or hands
 - Provide strong smells
 - Give a fresh breeze for a few seconds
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- Change in the tilt of the wheelchair
 - Tap or massage the student's legs or arms
 - Move the wheelchair - either fast, variable speed, and/or over rough ground
 - Remove excess clothing
 - Give mouthwash on a swab or toothbrush