

# Classroom Challenges

Common accommodations for individuals with Duchenne muscular dystrophy



## Rising from a seated position

- Ensure that the individual has access to help always
- Either provide a hand or ensure that the individual has something to grab onto
- **\*Especially important in the bathroom**
- Consider this challenge in the classroom, across the school campus, on field trips, etc.

## Rising from the floor

- Consider eliminating and/or limiting the number of activities on the floor
- It is exhaustive for individuals with Duchenne to stand up from a seated position on the floor
- For activities conducted on the floor, the individual with Duchenne should be seated in a chair with arms
- **\*Consider inclusion by restructuring the lesson, so some or all students sit in a chair**

## Picking up objects off the floor, tying shoes, etc.

- Keep in mind that it is easy for an individual with Duchenne to lose balance without any warning, as though a rug was just pulled from under the legs
- Consider assigning a nearby buddy to help when needed

## Walking long distances

- AVOID long distance walking when possible
- When walking for campus transitions, allow additional time and take rest stops as needed
- If the individual has a scooter/wheelchair, it is recommended to use this means of mobility for long distance transitions

## Stairs

- AVOID use of stairs always
- Stairs increase the stress on muscles and can hasten muscle damage
- Use elevators and ramps instead of stairs

## Recess and Physical Education

- Muscle weakness will contribute to difficulty in balance and climbing
- Collaborate with the school Physical Therapist/Adaptive Physical Educator to assist with accommodating/modifying the individual's recess and physical education plan