# Being A Thinking Mover!

## What is Developmental Orientation & Mobility (DOM)?



### DOM and body awareness

The student with Vision Impairment needs to have awareness of their own body. This will enable them to move to where they want to be with:

* Precision – being sure of how to move myself,
* Fluidity – being able to move in a coordinated and planned manner,
* Ease – not requiring too much energy,
* Confidence – motivation and mastery,
* Purpose – knowledge of where and how,
* Creativity – for negotiating different situations,
* Lateral thinking – being able to problem solve.



### DOM is about

Encouraging the student with a vision impairment to:

* **Want** to move,
* **Want** to engage,
* **Want** to master their own body and world,
* **Want** to do it independently!

Successful programmes are ones that encourage the student to want to engage in whatever way possible!



### Successful DOM

* Is when desire to move comes **from** the student,
* Is **not** overly dependent on other to make it happen.



The challenge is

* How do we encourage, in a motivating way, each student to **do as much as they can for themselves?**

 

It’s about CONTROL

This happens when the child has learned about their own body, how to move it effectively, and knows how to get to where they want to be.

 

### So, Developmental Orientation and Mobility is about

Control over:

* **Body**, **self** and movement by developing Body Imagery and efficient purposeful movement,
* The Social environment: expecting and getting consistent interactions!
* The physical environment: Learning about things and actively engaging with the world.

We want the student to think

“I have control over myself and my world”

* Because I have been actively involved with learning about myself and world in a positive way!
* I can do ANYTHING!
* And…just you try and stop me!”



Talk to your local Resource Teacher: Vision for more information about Developmental Orientation and Mobility.

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