

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
- 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