

What is a Learning Disability?

- Significantly impaired intelligence
- Impaired social functioning
- Starts before adulthood
- Has long lasting effect

(Department of Health 2001)

What is hydrotherapy?

Any therapy delivered in water.

It can be:

- hot, warm or cold
- active
- passive/sedentary



We know that hydrotherapy has a positive effect on:

- posture and balance
- range of movement
- tone
- mobility
- gross motor function

(Kim et al 2015; L'Huillier et al 2016)

We don't know how hydrotherapy impacts on:

- social factors
- psychological factors
- adults with severe or profound and multiple learning disabilities (PMLD)



How will this study will explore the impact of hydro on adults with severe LD/PMLD?

- By interviewing carers, family members, and health & social care professionals.
- Questions will use topics from the World Health Organization's ICF framework (2001).
- Participants will also be asked to complete an online questionnaire.



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Please get in touch!

References:

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