



## Announcing The Montana Postural Care Project

Apply now: [www.posture24-7.org/mt-project](http://www.posture24-7.org/mt-project)

The Montana Postural Care Project is funded by the Montana Council on Developmental Disabilities and initiated by Posture 24/7, a Missoula-based 501(c) (3) nonprofit organization dedicated to raising awareness of and providing training in 24/7 therapeutic positioning for people with impaired movement. This project includes a research component to assess the results people experience using this approach.

24 hour postural management is a non-invasive, gentle approach that families and caregivers implement as part of their normal daily routine, with potential for positive results. Many people using 24/7 postural care experience benefits like:

- **Reduced pain** - reducing pain medications
- More **balanced muscle tone**
- **Improvement of postural problems** like scoliosis
- **Better sleep**
- **Increased** activity tolerance

<b>The University of Montana IRB</b>	
Expiration Date	10/27/2018
Date Approved	10/12/2017
Chair/Admin	<i>Frank Baker</i>

Mary, a participant from the first year of The Montana Postural Project, was using a body jacket brace for scoliosis 23 hours a day since she was three years old. Since beginning night postural care, her body shape has become visibly straighter and more symmetrical, and she no longer sleeps in the brace. Her mother shared these comments:

*"Mary is happy sleeping without her brace at night.... I'm happy to have a way to help her... I can see she is sitting and lying straighter!"* Cheryl Degges, mother of Mary

### Are you interested?

We are looking for adults and children at least 6 months of age with a condition limiting their ability to move easily and who:

- Work with a Family Support Specialist (FSS) OR occupational or physical therapist regularly
  - Have internet access and can access email/fill out online forms easily
  - Will commit to following through with the process

All Montana Postural Care Project participants will receive: training in 24/7 postural care, a personalized postural care plan, an appropriate and customized sleep system, and ongoing clinical support and follow-up from Posture 24/7 staff. This will involve the focus person with their family/caregivers, Family Support Specialist, and members of their care team including, but not limited to: therapists, nurses, and PCAs.

Focus people and their care teams will be expected to participate in a one to two day group training at a central location and a half day personal consultation in the home during January and February 2018, and ongoing follow up with Posture 24/7 staff through September 2018.

Don't miss the opportunity to be part of this unique approach!