

MORE ABOUT HANDLE® SCREENINGS



What does a HANDLE Screening involve?

- A series of tasks designed to enable a Certified Screener to observe the functioning of a client's brain and body systems, including processing ability.
- Some of the areas observed include – muscle tone, kinaesthetic memory, responses to sensory input, eye tracking and proprioception.
- Screenings usually take approximately 45 minutes.

How do I prepare for a Screening?

- Clients are given a short questionnaire to complete before their screening. Your Certified Screener will use the information from this survey, together with their observations made during the screening to create your personalised HANDLE program.

What is a HANDLE program?

- Simple yet powerful HANDLE movement activities designed to strengthen any disorganised brain and body systems and assist them to communicate more efficiently.
- Nutritional recommendations to enhance the brain's functioning and support the HANDLE movement activities.
- Possible compensatory measures that allow you to reduce stress on your systems while you progress through your program.

What happens after a HANDLE Screening?

- Your Certified Screener will explain their findings to you and take you through the HANDLE program they have designed for you. You will be given detailed instructions for all of your activities and provided with any materials you need to complete them.
- If the results of the screening show that the scope of the client's needs are outside of the parameters of a screening program, the Screener may recommend a full HANDLE assessment and program.
- Your Screener will check in with you regularly while you move through your program and make any necessary adaptations to the program based on your experiences so far.

What changes will I see after completing my HANDLE program?

- As each HANDLE program is very personalised and tailored, changes will vary from one individual to the next. However, the movements, together with proper nutrition help the brain and body process information more efficiently which typically leads to improvements including, but certainly not limited to: increased attention/focus, improvements in sleep and memory, increased task efficiency, improvements in organisation, enhanced visual and auditory processing, improvements in handwriting and positive changes in sensory integration.

