Accessible Folder
for children with achondroplasia and other skeletal dysplasia’s

“Those who say it’s impossible to do it, shouldn’t disturb nor interrupt those who are doing it.” Edison
I feel tired!

The shorter arms of children with achondroplasia make them feel tired before writing, the distance from the top of the page is greater, as well as the effort associated with straightening the arm (elbow).

It’s not comfortable. No. Many parents wonder how they can assist their children, so that the effort will be not as great.

Now we’ll give you an idea.
Why has been designed this folder?

This folder is designed for the accessibility of our boys and girls.

- Avoid carrying the weight of all the textbooks.
- Facilitate to handle the sheets of each lesson.
- Favor the placement of plastics through the adapter and the design of the drills.
- Improve the access to the material. It gives even the possibility to fold it in half in order to write better.
- Favor autonomy, organizational skills, responsibility, fine motor skills and self esteem.
The folder is subdivided into sections according to the assignments: language, mathematics, knowledge of the environment, English… We the parents will have to supervise and help to put the lesson of each one of the subjects in the folder and go changing them, as the course progress. It’s recommended no more than one or two lessons each time into each paragraph, to prevent the weight. At the beginning, it will be always the adapter, which will help to place each item in the plastic sleeves once they have been removed (but this, we’ll explain later…).
We place the lesson

We take as example a math lesson. We remove from the textbook, and we place it, sheet by sheet, inside the plastics. The parents, we will have to be alert and put the lesson, but we can encourage responsibility in the children, encouraging them to help us and, little by little, to do it by themselves.
To apply and remove...

The design of the plastic sleeves facilitates to remove without moving the rings, thanks to the slots that have the holes. The children themselves may remove alone, and in a simple way the covers, to access to the sheet corresponding to the lesson, being as well favored their autonomy.
To work...

At the time of working, sheets are taking out and folded for better access to the top of the page and to write without difficulty.
Once finished the tab...

The boy or the girl, when finished, place the sheet back into the plastic sleeve and then return it to fit into the rings, as shown below. This work, to remove or to replace the sheets will also promote the fine psychomotor skills in the boy or the girl and will improve the organization capacity, because he (or she) will put each lesson in its corresponding place.
Replace the plastic cover in the folder is very easy for children, using the adapter, because its function is to help fit the holes on the rings. You’ll see better in the next slide.
And finally…

You can see how easy is to fit the case for the boys and the girls using the adapter.

This material promotes not only the children’s accessibility but also improves the self-esteem and the personal autonomy.
FUNDACION ALPE ACONDROPLASIA
GROWING STRONGER
“No one can know for you. No one can grow for you. No one can look for you. Nobody can do for you what you should do by yourself. The existence doesn’t support representatives.”

Jorge Bucay

Thanks to Paula’s parents for their work.
If you need more information…

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