



Minimizing learning and developmental challenges with standing

CHALLENGE:

Children with Attention Deficit Hyperactivity Disorder (ADHD) and Autism Spectrum Disorder (ASD) often face challenges when it comes to sitting at a desk for extended periods. These issues can be attributed to a combination of neurodevelopmental and behavioral factors inherent to these conditions.

Both ADHD and ASD can impact executive functioning skills, which include organization, planning, and time management. These challenges can hinder a child's ability to remain on task or follow a structured routine, further complicating their experience at a desk.

Furthermore, traditional desk-based learning environments might not be conducive to the needs and learning styles of children with ADHD or ASD. These children often benefit from more dynamic and flexible learning approaches that incorporate movement and hands-on experiences. The rigid structure of a typical classroom setting can lead to increased frustration and disengagement.

SOLUTION:

LifeDesk height-adjustable desks were placed within two regular fourth grade classrooms, both of which also served students who had Individualized Education Plans (IEPs) for a variety of learning and developmental challenges.

In classroom number one, we have one student who has been diagnosed with Autism Spectrum Disorder who we will refer to as John and another with a diagnosis of Attention Deficit with Hyperactivity (ADHD) who we'll call Mike.

Prior to the standing desks, John needed 5 to 6 structured movement breaks per school day in order to receive the sensory input necessary for focus, attention and organization. Following one month with the desk in the classroom, John consistently needs only 1-2 formal movement breaks per week! He is allowed movement within the classroom as well but continues to be "present" during instruction and is able to attend to the lecture.



Prior to access to the adjustable desk, Samantha's work output for independent writing and math was 50%. Following one month with the desk, math work completion has increased to 80% and writing output to 85%.

In the case of Mike, he uses the desk periodically when he reports needing a change. Formal data hasn't been collected on this student however, his teacher reports that his work quality improves secondary to standing especially when the class is working collectively.

In classroom number two, we measured Samantha's work output. Prior to access to the adjustable desk, Samantha's work output for independent writing and math was 50%. Following one month with the desk, math work completion has increased to 80% and writing output to 85%. Samantha's teacher reports that multiple children in the room utilize the desk. Whereby standing and "wandering" was allowed previously, a number of children now stand at the desk which helps to minimize behavioral challenges.

Both teachers report that they themselves use the standing desks during their planning time. Students gravitate towards the desks when group work or partnering is called for. It fits up to 4 students very nicely.

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About LifeDesk® SmartLegs™

- Power virtually any desk and make it height-adjustable by installing sturdy telescoping LifeDesk SmartLegs™ under your desktop.
- Effortlessly raise and lower the desk at the touch of a button.
- LifeDesk can be positioned anywhere from 22" to 48" above the ground to accommodate most school-aged children for either sitting or standing.
- Program the LifeDesk for up to four sit-stand settings unique to each individual user. Includes user reminders to stand at pre-set intervals.
- Desk controls can be locked or unlocked with the push of a button to prevent unwarranted movement or use.
- With its vast height range, commercial construction and a 7 year warranty, LifeDesk will last for a child's entire K-12 education.

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