

Hand Under Hand

What is hand under hand?

Hand under hand is a safe, respectful, less-intrusive approach to providing a physical prompt to learners with deafblindness. It is a strategy that offers the learner control and promotes active participation. The Intervenor invites the learner to place their hands on top of the Intervenor's hands to tactually explore objects or to demonstrate activities. It can also be used to communicate and teach tactile signing.



How do I support a learner with hand under hand?

Invite your learner to place their hands on top of yours. The learner always has the option to remove their hands if they wish. If they do, wait, and then offer your hands again.

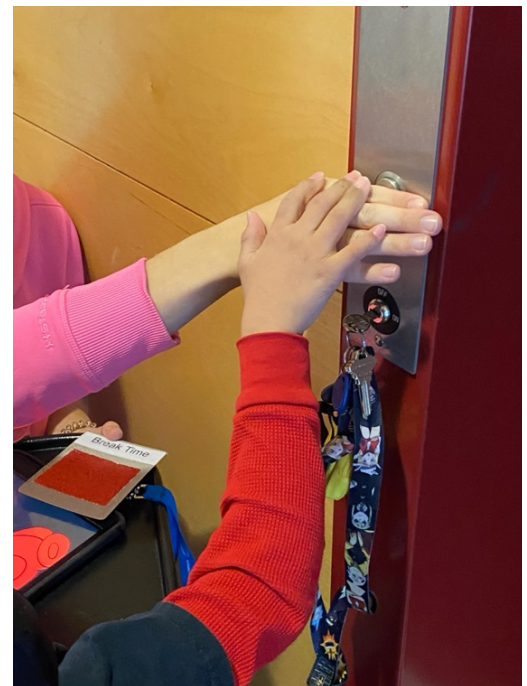
It takes time for a learner to understand and trust someone with this process, so repetition and consistency are key. You can take turns guiding and then allowing the student to guide when using the strategy.



Why do we recommend using hand under hand?

For some learners with deafblindness, their hands are their eyes and ears. Hand under hand allows a learner with deafblindness to develop a feel for the sequence of movement throughout an activity and engage with the world around them. It promotes active involvement which supports the learner in discovering how they can effectively use their hands to gather information. Hand under hand can also support connection and communication, the development of motor planning, understanding how one's body and hands relate to an activity, and learning skills and concepts.

Do with, not for is the Intervenor's motto. This strategy supports the motto as it scaffolds learning. Over time, the student will feel confident to gradually assume more control over their learning, exploration, and interactions (self-determination) with the world around them.



Connect with your POPDB Consultant for support with the hand under hand technique.