

Wheeled Mobility with Additional Support Recommendations

People with common abilities for walking, transfers and sitting have similar experiences and needs.

Wheeled mobility with additional support

- I need support for most, if not all, tasks in life - may or may not include cognitive support
- I use wheeled mobility all of the time e.g. a wheelchair
- I transfer only using a non-weight bearing hoist
- I need assistance to control my head

Actions recommended...

- Consult a GP regularly for full health support
- Consult a physiotherapist yearly for review of abilities and recommendations.
- Consult a speech pathologist for regular swallowing review, especially from 30 years of age
- Consult an occupational therapist yearly for review of abilities and recommendations
- Consult a speech pathologist for communication strategies
- Request supports and plans for all aspects of life including; seating and alternative seating, night time positioning, day resting positioning, standing, exercise and physical activity, participating in daily tasks like cooking and washing, and getting out and about for work and recreation
- If you have any difficulties maintaining a healthy body weight, consult a dietitian for recommendations
- For any wellbeing concerns, consult a social worker and/or psychologist



Visit futurethinking.abilitycentre.com.au for more information.



Please note that this recommendation is a guide only and should not replace a thorough assessment completed by health professionals.