

Wheeled Mobility Recommendations

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

Wheeled mobility

- I use wheeled mobility most of the time e.g. a wheelchair
- I may transfer by:
 - Stand up holding a rail or furniture or
 - Using a standing hoist or
 - Using a non weight bearing hoist
- I may need help for most, if not all, tasks in my life

Actions recommended...

- Consult a physiotherapist yearly for review of abilities and recommendations to maintain independence
- Consult an occupational therapist yearly for review of abilities and recommendations to maintain independence
- Develop a good relationship with a GP who can maintain a full medical history on file
- Consult a speech pathologist for a yearly swallowing review, especially from 30 years of age
- If you have any communication concerns, consult a speech pathologist for recommendations
- Seek help for pain and tiredness – these should never be ignored
- Request supports and plans for all aspects of life including; seating, 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.