

Mobility Practice Outdoors

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*如有需要，本传单可提供其他语言/版式
此單張的其他語言/格式版本可按要求提供*

Na żądanie ta ulotka może zostać udostępniona
w innych językach/formatach.

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Reablement Team

Name:	
DOB:	
Therapist:	
Date compiled:	

Mobility practice outdoors

Goal:	
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Task
<ul style="list-style-type: none"> • Ensure the client has been assessed to mobilise outdoors by therapist and that correct walking aid is used (if required) • Ensure the client is holding walking frame/ mobility aid correctly • Ensure the client is stood correctly • Ensure the client has a good grip on the walking aid • Ensure the client is able to manage any threshold/steps to access outside of property • Client to mobilise outdoors approx.....(distance) with supervision/ assist x1/ (delete) • Ensure that the mobility aid is positioned correctly when mobilising • Ensure that the client is able to negotiate uneven pavements/ kerbs • Ensure that the client is safe when re-accessing the property using thresholds • Aim to gradually increase the clients exercise tolerance/ distance each contact
<u>Precautionary notes/ further information:</u>