

ORIENTATION & MOBILITY PLAN

NAME: [REDACTED], David

DATE OF REVIEW: [REDACTED]

RESIDENCE: [REDACTED]

O&M SPECIALIST: Lisa DiBonaventura

SIGHTED GUIDE: Sighted guide should be used when David is traveling both indoors and outdoors. Standard sighted guide should be used if David's balance is stable.

1. Greet David by name; tell him your name and where you will be going.
2. Touch the back of his left hand with the back of your hand and ask him to stand up and take your arm.
3. Allow David to stand at least 10-15 seconds before attempting to walk with him, so that he is not unsteady on his feet.
4. Assist David to grip your right arm by interlocking arms with you.
5. As the guide, you must hold your upper arm directly by your side, with your elbow bent.
6. David should be to your side and about one half step behind. This provides David with a degree of protection and reaction time if you should stop quickly.
7. Walk at a pace that is comfortable for David.
8. Talk to David as you walk with him to help him anticipate/understand environmental cues and sound.
9. If David starts to become playful or bites you, discourage him from doing so.
10. When the destination is reached, guide David to a chair and assist him to sit down.

MODIFIED SIGHTED GUIDE: Modified sighted guide should be used if David's balance is not stable.

1. Greet David by name; tell him your name and where you will be going.
2. Make sure that his gait belt is adjusted properly.
3. Place your right arm under David's left arm and against his body or  
Place your right arm under David's left arm and hold onto his gait belt at the front of the waist.
4. Hold your left arm horizontally in front of his body and assist David to grip your left wrist with his left hand.
5. Stand a half step ahead of David and walk at a pace that is comfortable for him.
6. Talk to David as you walk with him to help him understand environmental sounds and cues.

STAIR TRAVEL:

Due to David's increasing instability on stairs, stair travel on staircases should be avoided.

VAN & BUS STAIRS:

David's walking on/off the van/bus steps should occur only under the following conditions:

1. David is presenting as "steady" when walking.
2. Two staff that know him well are present to assist him both on and off the van/bus.
3. One staff supports David by standing and assisting him from the bottom of the stairs, while the other stands and assists him from the top of the stairs.
4. David's hand must be holding onto the railing when stopping. Staff have to hand over hand hold David's hand on the railing as he steps.
5. David uses the bus stairs only on a very limited basis and with extreme caution from staff of David's foot placement, as these bus stairs are not a uniform width for the length of each step and in this instructor's opinion, are quite unsafe.

**VAN & BUS STAIRS:** (cont.)

When these conditions cannot be met, David should use a wheelchair for getting onto and off of the van/bus, as he has in the past. Again, any staff member who is not confident in their personal ability to safely assist David while walking onto/off of the van/bus should not do so.

**TRANSPORT WHEELCHAIR TRAVEL:**

1. Using sighted guide, assist David to the bus/van or\*\*\*.
2. Prior to getting on the bus/van, David will be assisted to sit in the transport wheelchair.
3. Once on the van/bus, assist David to transfer into van/bus seat, if needed for space reasons.
4. Prior to leaving the van/bus, assist David to sit in the transport wheelchair.
5. Once off the van/bus, assist David, using sighted guide to walk to his destination or \*\*\*.

\*\*\*Ask David to push his wheelchair with both hands, while you stand next to him to guide him/the chair.

## Orientation and Mobility Plan

**NOTE: David's Plan Changes between 2004 (date of previous plan and this one from 2015)**

NAME: David

DATE: February 2015

COMS: Name

PT: Name

The goal of the following Plan is to encourage David to walk as much as possible, taking care to use his wheelchair only when needed.

### HUMAN GUIDE with GAIT BELT

David's ambulation status now requires staff to assist him via gait belt at all times (per PT guidelines). David is able to walk short distances indoors only using a modified Human Guide with Gait Belt Technique:

1. Greet David by name; tell him your name and where you will be going.
2. Make sure that his gait belt is adjusted properly.
3. Place your right (or left) arm under David's left (or right) arm and hold onto his gait belt at his waist.
4. Hold your free arm horizontally in front of his body and assist David to grip your forearm close to your wrist.
5. Walk at a pace comfortable for David.
6. Talk with David as you walk with him to help him understand environmental sounds and cues; and so that he knows the location of where he is.

### WHEELCHAIR TRAVEL

David must use his wheelchair for all outdoor travel, community travel, when he is unsteady indoors, and for long distances indoors:

1. Using Human Guide with Gait Belt, as described above, guide David to his wheelchair.
2. When David is traveling in his wheelchair continue to describe his environment, location, and alert him before pushing, reversing direction or moving over rough terrain.

### TRANSPORTATION WHEELCHAIR TRAVEL

David is unable to walk on curbs, steps, stairs, including steps into a van or bus. David is able to access vans or buses via use of his wheelchair:

1. Using Human Guide with Gait Belt as described above, assist David to the doorway closest to the parked Van or Bus.
2. Prior to leaving the building, assist David to sit in his wheelchair.
3. When pushing David in his chair outside, and onto the lift, be sure to describe to him where he is and when the lift will raise up/etc.
4. Continue to engage David as his wheelchair is fastened for safety, describing the action.
5. When the destination is reached, again describe to David as his chair is being unfastened, as he approaches the lift, etc.
6. On the ground, continue to describe to David where he is and what he is approaching/passing by.
7. When indoors (and as soon as possible distance wise), assist David out of his wheelchair to walk, again using Human Guide with Gait Belt as described above.