

Orientation and Mobility Plan

NAME: W
COMS: Name

DATE: October 2015

W has no functional vision and he has severe hearing loss. He may respond to very loud auditory stimulus, but cannot be expected to respond to verbal cues. Tactile information, including some hand-over-hand signs (walk, work, stop, finished) and touch prompts (tap shoulder to indicate stand, and press against front of shoulder to indicate stop) should be used to communicate. W likes to follow a routine and relies on staff support to safely travel within all environments through human guide and close monitoring of his cane and trailing skills.

HUMAN GUIDE

Technique:

1. Greet W by tapping his shoulder. Use hand over hand sign to indicate where he will be going (work, walk, toilet, etc).
2. W is able to use either side (right or left) for Human Guide. If he is also using his cane, he will hold the cane in his right hand so he should hold the guide's arm with his left hand.
3. W should hold just above the elbow of his guide's arm with his thumb on one side and all 4 fingers together on the other side. He may need assistance to attain the proper position.
4. W should **always** be ½ step BEHIND the guide when walking, including walking through doorways.
5. The position of the guide will change if W is in a familiar area where he can trail and use his cane. See Long Cane and Trailing Techniques below.

LONG CANE

Technique:

1. Greet W by tapping his shoulder. Use hand over hand sign to indicate where he will be going (work, walk, toilet, etc).
2. When W stands assist him to locate his cane. He will put the cane into his right hand in proper grasp independently and take your arm with his left hand.
3. Ensure that the cane tip is on the ground during travel.
4. Maintain Human Guide until there is a trailable wall surface on the left side, or whenever walking outdoors. W will trail or take Human Guide with his left hand and use the cane with his right.
5. When W is using his cane and trailing, maintain a close position ½ step behind and/or to the side of W in order to provide physical prompts. NOTE: Staff position may be behind/beside W when he is walking independently; when providing Human Guide staff is ALWAYS ½ step ahead of W.
6. If W lifts the tip of his cane from the ground for more than 3-5 seconds, provide a physical prompt to get it back to the ground.
7. When W is walking through open space or outdoors he should "swing" his cane. The cane tip remains on the ground, but it makes an arc on the ground in front of him about shoulder width in order to clear the area will he will next step. This "swinging" action comes from the wrist, not the whole arm moving. In order to assist W with this technique gently hold his wrist and help him to move his wrist in order to move the cane back and forth across the ground in front of him (shoulder width).

8. When W is trailing and using his cane provide direction or awareness of obstacles in his path by moving the shaft of his cane to indicate the direction he needs to turn or help him to move it back and forth to investigate the width of a doorway, the path ahead of him, or way around an obstacle.
9. If W releases his cane, hand it right back to him. If he refuses wait 10-15 seconds then try again. If he continues to refuse the cane or hold it inappropriately, guide him to his chair and let him rest a few minutes then continue the route.
10. Guide him away from any unlocked doors that lead to stairs.
11. When the destination is reached assist W to put his cane on the holder (at work, next to his chair in the den, in the bedroom, or behind his seat in the dining room) and guide him to his chair.

TRAILING

W is able to trail with either hand. He primarily uses his left hand to trail because he holds his cane in his right hand. He trails at shoulder height and will only trail along handrails if physically prompted to do so, or if there was no wall space, ie. along a ramp outdoors. W requires close monitoring for his safety.

PROTECTIVE TECHNIQUES

W's cane provides him with some protection when he uses it properly. He does not demonstrate any other protective techniques. Even if his cane bumps into an obstacle or wall in front of him he may not react in time to avoid bumping into it. He is reliant on staff for full protection. A hat with a brim could provide added protection.

ENVIRONMENTAL CONSIDERATIONS

The furniture of W's apartment and workspace must be consistent and the layout clutter and barrier free. Nothing should be moved or even temporarily stored in the hallways or walkways. If anything about a familiar environment does change help W to locate objects and reorient to the new layout.

Name, COMS / contact info