

Orientation and Mobility Plan

NAME: L
COMS: NAME

DATE: April 2016

HUMAN GUIDE

Human Guide should be offered to L as soon as he stands. He should not travel unassisted through open space. Human Guide is used until L has access to a safe trailing surface (handrail). He does not walk on stairs. L uses his wheelchair for outdoor and long distance travel.

1. Greet L by name. Tell him your name and where you will be traveling together.
2. Ask L to please stand. L will use the arms of the chair to help himself to a standing position. Depending on the height of the chair, his alertness, and the firmness of the chair arms, he may need physical assistance. Always be ready to provide support when he is about to stand.
3. Tell L to take your arm. Assist him to attain proper hand position. His hand should be just above your elbow with his fingers on the inside of your arm and the thumb on the outside (like holding a cup.) Your arm should be straight by your side or bent 90 degrees at the elbow. Resist holding L by the hand or looping arms with him.
4. L holds the guide with a lengthened arm (his arm is not bent). This puts him at a slightly greater distance from his guide than standard Human Guide technique (with his arm bent).
5. If L releases your arm, ask him to take your arm again and assist him to maintain the proper hand position. If he continues to release you can use the hand of your free arm to lightly hold his hand on your arm in the proper position.
6. Walk at a comfortable pace. L typically walks slowly with a shuffling of his feet. It should never feel like you are pulling him.
7. If L yells or bites at his hand, pause and ask him to calm down, or redirect by giving him verbal praise ("Good job, L!") and remind him of where he is going.
8. If L feels unsteady or needs more support to walk pull your arm (with his hand on it) closer to the side of your body with your elbow bent.
9. Along the way continue to praise L, and tell him about the sounds you are hearing, remind him where you are going, and warn him of any surface changes (thresholds, change from floor to rug).
10. When the destination is reached tell L that you have arrived at the chair. Guide one of his hands to the seat of the chair and the other to the arm rest or the table. He will seat himself. Remain within contact distance in case he misjudges the location of the seat.

TRAILING

L should trail **WITH DIRECT SUPERVISION** within familiar indoor settings with handrails. He has an objective based on trailing to/from the dining room. He should also trail within his apartment (to and from the dining room, to and from the bathroom). It is easiest for him to trail handrails, but he can trail across flat surfaces (closed doors, walls.) **L can also trail while riding in his wheelchair.**

1. **Make sure that L is wearing a brimmed hat and gait belt.**
2. Lead L to a trailing surface using the Human Guide technique.
3. If traveling a longer distance (to the dining room or pool) it is best to have L's wheelchair with you—see NOTE below.

4. Tell L to reach out to find the rail with his hand. Tap his hand to indicate which hand he should use if necessary. Allow him time to locate the railing before offering physical assistance.
5. L does best and is safest when he uses his right hand to trail.
6. Continue to praise and remind L where he is going as he trails.
7. Watch L's head as he comes toward corners or protruding walls as he doesn't always respond to verbal cues to stop or turn. He should wear a brimmed hat for protection.
8. When L comes to the end of a railing encourage him to lift his right arm and put his hand out in front of him to locate the next handrail. Provide voice guide and sound cues (tap the wall or railing) to help him safely cross open space. He may need Human Guide assistance to travel across large areas such as intersecting hallways. Once across he should be verbally prompted to reach out for the next handrail (or trailing surface.)
9. Sometimes when trailing he will say, "Want to go for a walk?" This may mean that he doesn't want to trail and wants to take the guide's arm instead. He should be reminded that he is walking while he trails and also reminded where he is walking too. If he persists and becomes agitated, offer him Human Guide for a few feet then try trailing again.
10. When the destination is reached use Human Guide to lead L to a chair with arms. Follow the Plan of Approach for Human Guide.

NOTE: L may try to sit along the route. If he bends forward at the waist, immediately ask him to stand up. If he refuses then offer him human guide, and remind him that he needs to stand up straight and walk. If he again refuses and is attempting to sit on the floor, move his wheelchair behind him and assist him to sit and rest for a short time. When he is ready have him stand and continue trailing. If it is not possible to safely sit in the wheelchair then assist L to safely sit on the floor by holding his gait belt.

OTHER

L does not walk on stairs. He uses a wheelchair for transport.

L does not walk outdoors over uneven terrain (grass, bumpy sidewalks, etc.) He uses a wheelchair for distance travel outdoors. Be sure to verbally describe the environment when pushing L in his chair. Just as when he is walking he should be alerted to surface changes and changes in direction. Greet L and tell him he is about to move before beginning to push his chair.

Written by: Name, COMS / contact info