

Orientation and Mobility Plan

NAME: J
COMS: Name

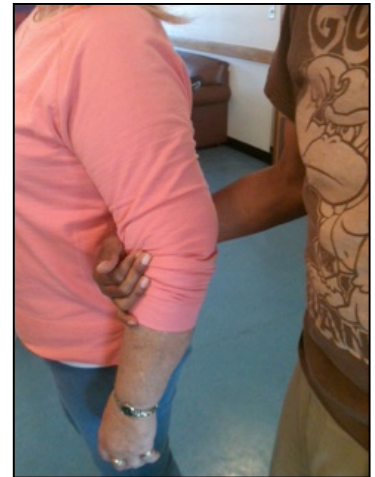
DATE: updated January 2016

HUMAN GUIDE

When walking with J especially outdoors and in unfamiliar environments please use the following modified Human Guide technique.

AVOID HAND HOLDING.

1. J will loop his arm UNDER and THROUGH his guides' s arm and remain a step behind and beside his guide.
2. J likes to switch sides with his guide (holding one arm then the other) frequently as he walks. This is appropriate as long as he is safe in doing so. As soon as you feel him beginning to pull away, stop, and allow J to walk to your other side closely monitoring him for safety.
3. Make sure that J remains behind the guide when going through doorways and other narrow areas. The guide may have to side step in front of J in order to remain in front of him.
4. The guide must always be aware of where J is walking. If there is a surface where he can potentially trip, the guide must either slow down and get J ' attention to warn him to pay attention OR preferably guide him on a smoother path or around a uneven surface.
5. ONLY WHEN NECESSARY and ONLY FOR SHORT DISTANCES (related to transport between Home and Day Program): staff can push a wheelchair and provide human guide to J as described above. The guide must remain aware of J and ensure that he doesn't trip on the wheelchair. The guide must make sure not to walk too fast especially down a ramp. The guide must remain aware of both the wheelchair and the movements of J.
6. Monitor the environment and redirect J away from cigarettes on the ground.



NOTE:

At no time should staff provide human guide to another ambulatory individual while walking with J .

For longer/leisure walks around grounds human guide should be 1:1; staff should be dedicated to J and not pushing a wheelchair. Pushing a wheelchair at the same time as providing human guide to J is limited to necessity when transporting between Building X and Building Y.

Orientation and Mobility Plan: (J continued)

HANDRAILS / TRAILING

1. J should use handrails when going up and down stairs.
2. Pause at the top/bottom of the stairs (or ramp) and verbally encourage J to hold the handrail. If he does not respond to verbal prompts, use hand over hand to guide the appropriate hand to the handrail.
3. J can hold the handrail with one hand and his guide's arm with the other. The guide may need to switch sides with J so that he has the appropriate hand free to hold the railing.

written by: Name, COMS / Contact Info