

## **Wheelchair Awareness – in the community**

For carers, care assistants, family members and PT and OT assistants, social services staff and learning support assistants.

### **Aim**

To understand the basic principles of seating and attain a greater knowledge of wheelchair performance, features, adjustability and assisted mobility skills to allow the participant to improve the daily mobility and comfort of their clients.

### **Learning outcomes**

Participants will be able to:

- Define balanced and aligned posture
- Describe the main features and adjustments of standard manual wheelchairs and wheelchair parts
- Explain advantages and disadvantages of different types of wheelchairs
- Demonstrate knowledge of the principles of cushions in order to be able use them correctly
- Explain how to check and perform a maintenance routine on a manual wheelchair
- Demonstrate how to assist a wheelchair user up and down steps, slopes, and over rough ground
- Describe 5 main access issues



## Course Outline

08.30 – 09.00	Registration
09:00 – 09.15	Introduction
09.15 – 09.45	Principles of seated posture
09:55 – 11:10	Introduction to wheelchair types and parts <ul style="list-style-type: none"><li>• What makes an appropriate wheelchair</li><li>• Advantages and disadvantages of different types of wheelchairs</li><li>• Main features of standard manual wheelchairs</li></ul>
10.30 – 10.45	<i>Tea break</i>
11.25 – 12.30	Principles of wheelchair cushions <ul style="list-style-type: none"><li>• Postural support features</li><li>• Pressure relief features</li></ul>
11.45 – 12.30	Wheelchair care and maintenance <ul style="list-style-type: none"><li>• How to check a wheelchair</li><li>• Regular checks</li></ul>
12.30 – 13.30	<i>Lunch</i>
13.30 – 15:00	Mobility skills <ul style="list-style-type: none"><li>• Assisting a user up and down slopes</li><li>• Assisting a user up and down steps</li><li>• Assisting a user over rough ground</li><li>• Handling wheelchairs in and out of vehicles</li></ul>
15:00 – 15.15	<i>Tea break</i>
15:15 – 16:00	Access issues
16.00 – 16.20	Questions
16:20 – 16:30	Evaluation and Close