



## Safe travel for people with vision loss and limited mobility

If you are living with vision loss and a physical disability, you may be able to increase your independence and travel more safely by using a **motorized wheelchair or scooter along with a white cane**. The cane allows the user to detect curbs and drop-offs, while a scooter provides increased mobility and can be operated with one hand to allow use of the cane.

### How it works:

#### Who is involved?

An Occupational Therapist (OT) and an Orientation and Mobility (O&M) specialist will provide instruction in safe travel techniques using the motorized wheelchair and white cane.

An OT provides rehabilitation in various daily living skills, including assessment and instruction relating to mobility devices.

An O&M specialist provides instruction on how to move safely around the home, community, workplace or school.



#### How is it done?

The OT assesses an individual's ability to safely operate a power mobility device, while the O&M specialist looks at an individual's ability to use a white cane in conjunction with the wheelchair or scooter.

The O&M specialist will also evaluate reaction time to cane-detected objects in a person's path of travel, good listening skills for safe street crossings, negotiating turns and route travel.

#### Who should take part?

This program is ideal for anyone who has vision loss and limited mobility and is interested in traveling more independently in their community. You will work with an O&M Specialist and an OT in the community to determine what works best for you.

**Vision Loss Rehabilitation Manitoba**, an agency that provides therapy for people with vision loss—and **Easy Street** at the Misericordia Health Centre—a program that specializes in occupational therapy and gaining independence—have a close working partnership. The Easy Street program carries out the majority of power mobility assessments and instruction for residents of Winnipeg and the surrounding area, while Vision Loss Rehabilitation Manitoba O&M specialists work with OTs in and around Winnipeg.

**Contact Information:**

Easy Street occupational therapy: 204-788-8158

Vision Loss Rehabilitation Centre: 204-775-5090