

## Lesson 1: Mobility and different mobility problems

- Mobility is the ability to move around freely and easily. Being as mobile as possible is very important for good health, inclusion and participation.
- Mobility assistive products are used by people of all ages who have mobility difficulties. They can:
  - Provide support to help a person sit up, stand, walk and prevent falls
  - Provide people who cannot walk with a different way of moving around
  - Support a person to access their environment
  - Assist in managing or preventing health conditions
- People can have difficulty moving around for many reasons such as injuries or wounds, weakness or frailty, pain or stiffness, paralysis, amputation, poor balance or co-ordination, reduced sensation.
- A foot wound is a breaking of the skin anywhere on the foot
  - An infected foot wound is serious as it can lead to amputation and even death.
  - Amputation can often be avoided by preventing foot wounds of by early identification and treatment of wounds when they do occur.
  - People with the following health conditions have an increased risk of foot wounds and include; loss of feeling (protective sensation) in the feet, reduced blood flow, unusual foot shape, toe or foot amputation.

## Lesson 2: Mobility assistive products

- TAP product modules cover simple mobility assistive products that can be readily provided in the community by personnel with some training and the minimum of resources. See below:

Product	Useful for people who:
<b>Walking aids</b> , which include: walking sticks, elbow crutches, axilla (underarm) crutches, walking frames, rollators	<ul style="list-style-type: none"> <li>• Can walk but need extra support to walk safely or for long distances</li> <li>• Can only put weight on one leg, for example people who have had an amputation or a leg injury.</li> </ul>
<b>Portable ramps</b> , which are ramps that are not fixed in place.	<ul style="list-style-type: none"> <li>• Use a wheelchair, rollator, or walking frame</li> <li>• Need to access areas with a small number of steps</li> <li>• Are strong enough to lift a portable ramp, or have assistance to do so.</li> </ul>
<b>Grab bars</b> , which support people with weakness or poor balance to move around safely from one position to another.	<ul style="list-style-type: none"> <li>• Need extra support while moving in the bedroom, bathroom, toilet or by steps</li> <li>• Can grip with one or both hands</li> <li>• They can be installed in the home or public spaces.</li> </ul>
<b>Transfer boards</b> , which help people to move from one place to another.	<ul style="list-style-type: none"> <li>• Have difficulty standing up safely or taking weight through their legs</li> <li>• Need help from another person to move from one place to another.</li> </ul>

Product	Useful for people who:
<b>Therapeutic footwear</b> , which are shoes with special features that help to protect and support feet.	<ul style="list-style-type: none"> <li>• Are at risk of developing a foot wound.</li> </ul>

- Some mobility assistive products must be provided by services where there are personnel with more specialised training and resources. These products are not included in TAP. Examples are: wheelchairs and cushions, lower limb prostheses, lower limb orthoses, posterior walking frames, standing frames, lying supports.

### Lesson 3: How to carry out a mobility assistive products screen

- Use the mobility screen form to find out if a person who has mobility problems may benefit from:
  - Mobility assistive products
  - Other types of assistive products
  - Referral to other services
- The form has six sections:
  1. Information about the person
  2. Simple mobility and health risk check:
    - Refer anyone with a sudden loss of mobility to a health care service
    - Refer children that are two years or older and not able to walk to a rehabilitation service
    - Anyone who is at risk of falling may need an assistive product and/or refer to a rehabilitation service
    - Provide advice and refer anyone with a pressure wound to a health care service
    - For anyone with the following risk indicators complete a foot screen **and** refer for health care if they are not already visiting their health care service regularly:
      - Diabetes, leprosy, heart and/or kidney disease
      - Foot / leg wound, injury or swelling and/or amputation
      - Previous foot wound
      - Person who smokes, drinks large amounts of alcohol, often walks barefoot.
  3. Foot screen (see foot screen guide hand out)
  4. Simple screening questions for mobility assistive products
  5. Other assistive products
  6. Plan, which may include:
    - Possibly screening for other assistive product types (to help with seeing, hearing, self-care, communication, cognition)
    - Assessing for simple assistive products
    - Teaching the person about foot care and suitable shoes
    - Referring to other services
    - Deciding when follow up will be needed and ideally making a follow up appointment.