

Mobility limitations can range from minor limitations, often unnoticeable to others, to extreme limitations, where fulltime attendant care may be needed to address basic needs. There are specific things you can take on for each type of mobility limitation, but there are also some general practices that can be very useful, regardless of the degree of difficulty faced. Some of these actions are:



- **Be the expert in your own capabilities and limitations.** Be mindful of what you can do and what you cannot do – and under what circumstances. For example, someone might be fully functional other than in extremely cold weather, or may need special bedding, or need arrangements to help them up or down, such as a handgrip. Know your capabilities and limitations – how they affect you and how to work with them. Empower yourself to easily share this with anyone near you in emergency circumstances.
- **Write down how people should help you** with things like lifting, guiding or leading you, or if you have to be carried for longer distances. People will want to help and they will try their best to do so. It is highly valuable to anyone assisting you if they have written instructions available. Print and carry clear, simple instructions you can share.



- **Put your name and contact information** on any type of equipment or apparatus you use. Whether it's a cane, crutch, wheelchair, scooter, reach extender or anything else you regularly use. Whatever you may use as support for you and your mobility should have identification information on it.
- **Search for any hidden spaces** to stash money, information or disaster supplies on equipment or apparatus. Even a tiny space can accommodate written information or a rolled up bit of money. Some can even let you stash extra whistles, a tiny flashlight or other valuable resources. Having disaster supplies inside the apparatus or equipment that will be with you can be a wonderful thing.
- **Make a list of how you could manage or be resourceful** in case you did not have your equipment of choice. For example, a pillow placement may help you use a bed that is not built to support you. Simply know what your other options are and how you can best improvise.

- **Have a list of who can help you.** Include all the people who genuinely understand your needs, people you would feel comfortable with and people who may be able to provide technical assistance. These names and contact numbers can be extremely useful to you or those helping you.
- **Champion the idea of hazard reduction** in your home, office or wherever you spend time. This simply means addressing those physical things which will leave that space safer and more stable. It can range from simply clearing out space to help your access, to strapping bookcases to wall studs. Secured furniture is safer – if you lean against it, or lose your balance, it will be more stable and less likely to topple over and injure you or others.

