



Your Personal Mobility Map

Everyone's path to mobility is different. You can use this packet as your personal map to track your path on paper. For more information and details mentioned in your map, visit the UsersFirst Mobility Map online at UsersFirst.org.

Good luck on your journey!

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Check off each step of this list as you move through the process of getting your wheelchair	
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The Basic Steps to Mobility Checklist: The Process of Getting Your Wheelchair

1) Self-Assessment

- ✓ Complete the Wheelchair Checklist

2) Gather Your Wheelchair Team

- ✓ Find your Physician/Doctor, Clinician, and Supplier
- ✓ Connect with Consumer Organizations

3) Get a Prescription and Complete your Evaluation and Assessment

- ✓ Get a prescription from a doctor for a wheelchair evaluation
- ✓ You schedule a wheelchair evaluation at a clinic
- ✓ You attend the evaluation and decide which wheelchair and cushion that work best for you

4) Finding Funding - How you will pay for your Wheelchair

- ✓ The therapist writes up a justification letter for your wheelchair to the insurance company
- ✓ The supplier submits the claim to the insurance company
- ✓ The insurance company either approves it or denies your claim for a wheelchair
- ✓ If traditional funding sources do not cover your wheelchair then you pursue other approaches to funding

5) Ordering Your Wheelchair

- ✓ Once payment for your wheelchair is approved the supplier orders your wheelchair from a wheelchair manufacturer (the company that actually makes the chair).

6) Equipment Delivery

- ✓ Once the wheelchair is received by the supplier they will let the clinic know
- ✓ The clinic should call you to schedule an appointment for delivery
- ✓ You attend the delivery appointment and make sure you have the equipment you need.

7) Living as a Wheelchair User

Questions for your Wheelchair Team:

First Things First... Before you dive into the process of looking for the wheelchair that works best in your life you need to identify what you want to do with your wheelchair. This form is for your information, if you feel comfortable you can share it with your wheelchair team.

What do I want to do with my wheelchair?

- Get around my home
- Transfer to bed
- Get Under Table/Desk
- Use bathroom
- Use Shower
- Fix meals
- Go Shopping
- Go Outside
- Worship
- Visit family/friends
- Ride in car or van
- Drive car or van
- Take bus/train
- Exercise
- School
- Work
- Entertainment/sports events

Notes & Questions for my Wheelchair Team:

What is important to me:

- Comfort
- Speed
- Posture
- Carry Things
- Stand Up
- Change Positions
- Avoid Pressure Sores
- Reach & Use Controls
- Reach Floor/Shelves
- Go Over Rough Terrain

Notes & Questions for my Wheelchair Team:

My physical issues:

- Feet/legs swell
- Have had sores
- Poor balance
- Have fallen
- Trouble breathing
- Tire easily
- Have had broken bones
- Arm/shoulder pain
- General pain
- Muscle spasms
- Seizures
- Dizziness
- Poor vision
- Stiff or locked joints
- Curved spine
- Wear leg/body brace
- Wear artificial limb
- Difficulty grasping things

Notes & Questions for my Wheelchair Team:

Things I *like* about my present wheelchair:

Things I *don't like* about my present wheelchair:



My Wheelchair Team: It Takes a Great Team to get the Best Wheelchair

Why do I need a wheelchair team?

Not all wheelchairs are the same, so you need to match your wheelchair to your needs. Getting the right wheelchair requires a good team, because the more minds and eyes helping, the fewer details will be missed.

Wheelchair accessories and products are designed to improve movement and independence. Your team will get to know you and help match wheelchairs' features with your wants and needs.

Who is in my wheelchair team and how will they help me?

Doctor or Physician

- This doctor may be a general practitioner (example: Primary Care Physician) or may be a specialist (examples: Physiatrist, Neurologist, or Orthopedist).
- Will give you a prescription for a wheelchair assessment and therefore become your 'ordering physician'
- Can refer you to a clinician or therapist for your wheelchair assessment, but you may choose your clinician
- May write your 'letter of medical necessity' for your insurance company

Clinician or Therapist

- Will most likely be an Occupational Therapist (OT) or Physical Therapist (PT)
- Completes your wheelchair assessment
- May write your 'letter of medical necessity' for your insurance company
- May refer you to a medical equipment supplier, but you have the right to choose your own supplier
- Works closely with your supplier to meet your needs with your wheelchair

Medical Equipment Supplier

- Oversees the ordering, billing, delivery, assembly, and repair of your wheelchair
- May be a certified Assistive Technology Professional (ATP). To find out if a supplier is certified go to this website <http://www.resna.org>.
- Works closely with the clinician to meet your needs with the correct wheelchair equipment

Consumer Organizations

- Offer with information about equipment, mobility, funding and more
- Links to some organizations are listed on the next pages of this document

Your Team Members:

Physician or Doctor

Name: _____ Contact info: _____

Clinician or Therapist

Name: _____ Contact info: _____

Medical Equipment Supplier

Name: _____ Contact info: _____

Consumer Organizations

Name: _____ Contact info: _____

Name: _____ Contact info: _____

Steps to Remember

1) Get a Wheelchair Assessment Prescription

- ✓ Contact your doctor to set an appointment to get a prescription for a wheelchair assessment
- ✓ Attend your doctor appointment

Date _____ Time _____ Doctor/Location _____

2) Set Your Wheelchair Assessment Appointment

- ✓ Get a referral for a clinician or find a clinician to conduct your assessment
- ✓ Get a referral for a medical equipment supplier or find your own
- ✓ Call the clinician and set an appointment - You must set your own wheelchair assessment appointment

Date _____ Time _____ Clinician/Location _____

3) Communicate with your Clinician

- ✓ Tell your clinician if you have your own medical supplier or ask for a referral
- ✓ Complete your self-assessment on page 1.4 before your assessment and bring this to your assessment to share with your clinician

4) Attend your Assessment

- ✓ You, your clinician, and your supplier will be at your assessment and will all have active roles working together to find the best wheelchair for you.
- ✓ Ask questions (examples below)
- ✓ Advocate for your needs by posing questions, communicating your wants, and asking for information you want. Do you want a home assessment? Ask for one. Are you interested in driving or need help with accommodations in your home? Ask for help.
- ✓ Collaborate and work with the clinician and supplier to complete your wheelchair assessment.

Ask questions:

- I'm unclear about how my wheelchair will work in my home and vehicle. Do you think I need a home evaluation?
- How long will the process take to get my chair?
- What insurance information do you need from me?
- Is there a warranty on this wheelchair? What does it cover? Just parts? Is labor included?
- Where will the delivery of my wheelchair take place?
- What if there are issues with this wheelchair do I come to your office or do you come out to my home?
- Can we review the details of my equipment prescription? I want to be sure I understand and agree to all details of my prescription.
- _____