

12. Outside Home

Is the person able to get out of the home and into the community?

No

Task	Is the person able negotiate porch, stairs, walkways?	Is the person able to get into and navigate essential places like grocery store, doctor's office, bank?	Is the person able to drive, <u>or</u> get in and out of car, <u>or</u> use public transit?
Why not?	Physical - Limited mobility - Requires walker / wheelchair (or bariatric wheelchair) - Low vision - Cognitive limitations Environmental - Weather barriers - Clutter / obstacles - Poor lighting - Unsafe conditions of environment (rickety) - No curb cuts	- Transportation - Parking fees - Route barriers - Cognitive barriers (anxiety, memory) - Mobility limitations - Poor endurance - Decreased vision	- Mobility - Vision - Cognitive - Poor endurance - Physical limitations - Car / mechanical maintenance issues - License expired - Tags not current
Intervention?	Contractor, PT, OT, Orientation & Mobility	Driving services, OT, PT, O & M	Mechanic, OT, PT, O & M, Aide
Solutions and Strategies	- Orientation and mobility training - New equipment, i.e. lightweight wheelchair - Life Line / safety alerts - Notify fire / police of safety / physical needs in weather or community needs - Move / relocate - Identify alternate routes, pathways, elevators Reorganize / eliminate clutter - Install lighting - "Safety tape" - Traction tape - Rock salt - Fix / repair faulty steps, doors - Automatic door opener - Ramp - Lift - Handrail	- Meals on Wheels - Driving services (Uber, taxi, Marta Mobility (paratransit), public transportation, friend or family) - Move / relocate - Assistance with navigation - Use of apps to order items ahead of time - Use mobilized cart or scooter in store - Go during off peak time to stores / banking / MD to conserve energy, decrease cognitive stimulation, decrease traffic - Day time only secondary to vision - Consistent time for appointments and errands - Calendars - Apps for memory or anxiety - Alternative ways to transport groceries	- Modify vehicle (hand controls, pedals) - Deluxe cushion (swivel) - Handy bar - Enlarged rearview mirror - Seat belt adaptor - Driving evaluation - Vision evaluation - New vehicle with electronic features - Move / relocate - Schedule for bus, Marta, public transportation - Get accessible parking tag or indicator - Apps to assist with cognitive problem solving