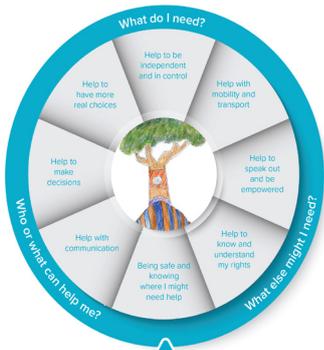


Mobility & Transport



Freedom

I have the right to be in control of my own life, make mistakes, make my own decisions and have real choices.

Support Planning Ideas Sheet

Goal: I want to be able to communicate effectively with people around me.

Right: I have the right to freedom of expression and opinion and access to information

Article 21 on the United Nations Convention on the Rights of Persons with Disabilities - freedom of expression and opinion and access to information

Planning Area: Freedom

I have the right to access the supports and equipment I need to move around the community independently and freely.

I have the right to be included in my community with equal access to community services and facilities, including transport.

Here are some ways you can support my independence and mobility.

1. Finding out about personal mobility

If I need a wheelchair, walker or other mobility device, I might need help looking at different types of mobility aid. I can look at mobility aids online, ask other disabled people or use the NED database (National Equipment Database). NED is used to give disabled people unbiased equipment about assistive technology and equipment, including car modifications. You can find the database at the ILC site - here.

https://ilcaustralia.org.au/search_category_paths

2. Regional transport

If I am a wheelchair user and need to travel, there are a few ways I can get to where I need to go. You can help me find out what transport services are in my town. They might include;

- TransWA bus services
- School buses
- Rail (AvonLink)
- Private car/wheelchair van or car pooling
- Service provider buses
- Shire Community Bus
- Patient Transfer Vehicle or ambulance
- Wheelchair accessible taxi (MaxiCab)

Not all transport services in the Wheatbelt are accessible. <http://tinyurl.com/wheatbelttransport>

3. You can help me fill out forms to access funding for transport. I might be eligible for: PATS (Patient Assisted Travel Scheme) <http://tinyurl.com/patswheatbelt> or the Country Age Pension Fuel Card. <http://tinyurl.com/countryagepensionfuelcard>

5 Great Ideas About Mobility and Transport

Here are some ideas that can help be as mobile and independent as possible.

1. Personal mobility and my body

Staying healthy is important, no matter what level of mobility I may have. If I have a mobility related disability and have never used a physiotherapist or other allied health professional, it's worth booking in for an assessment through my local doctor. My GP can also refer me to other practitioners, like occupational therapists. An occupational therapist (OT) can assess me for a mobility aid, maintain my physical skills for daily living or working and recommend products and modifications to make my living environment more accessible.

2. Vehicle modifications

Disabled people can have cars modified to assist them to drive. If I need to be assessed for driving, I can contact the Department of Transport - the details are at the back of this resource. The Independent Living Centre in Nedlands have occupational therapists who can help people be assessed to drive, or they can use a Telehealth facility to connect with the office - the ILC have a 'robot' to show people around the premises and help them view technology without traveling down to the city.

3. Air transport

For wheelchair users, traveling by air can be difficult. The 'Life Fact Sheet: Having a Holiday' resource has information about travelling with a wheelchair and discounts for carers on Qantas. A fact sheet from the Independent Living Centre is at the back of this resource.

4. Accessibility information

There are a number of online sites to help me plan my trips or help collect information about my town. <https://www.accesswa.com.au/> AccessNow is an online site about sharing accessibility information around the world. <http://accessnow.me/>

5. Amputees and mobility

It can be hard finding information about prosthetics and orthotics in WA. Limbs 4 Life is a peak national body for amputees - it's in Victoria, but they have a Freecall number and peer support volunteers in WA. <https://www.limbs4life.org.au/>

6. Acrod - WA has a national ACROD parking program here

<https://www.acrod.org.au/> People who need to park close to shops and facilities can ask their GP to fill in the form and send to the ACROD program.

Planning my support

What might I need to stay as mobile and independent as possible?

What:

When:

Where:

What kind of support will I need to do this?

What could I need to access transport in the Wheatbelt?

What:

When:

Where:

What kind of support will I need to do this?

This project is an NDIS Information, Linkages and Capacity Building (ILC) initiative. For more ILC events and resources please visit the Department of Communities (Disability Services) at <https://tinyurl.com/resourcesilc>
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Department of Communities



Transportation of People Seated in Wheelchairs

Whenever possible and practical, it is strongly recommended that wheelchair occupants transfer out of their wheelchair onto a vehicle seat and use the vehicle seatbelt system. This is generally the safest mode of transport. Transportation requirements should be considered by a therapist during the assessment process and prescription of a wheelchair.

Risk Assessment

A risk assessment should be completed by a therapist to determine the most appropriate method of transportation. This should take into consideration how a client transfers, their postural support needs, type of vehicle, clinical needs vs. crash safety, use of equipment, carer requirements and compliance of wheelchair/seating/claims. The therapist should clearly document the process and clinical reasoning during assessment and prescription.

Wheelchair Suitability for Transport

In Australia there are presently no specific legal requirements stating which types of wheelchairs can or cannot be used in a vehicle. However, for people who need to stay seated in their wheelchair for transport, it is strongly recommended that the wheelchair used complies with Australian Standard AS/NZS 3696.19:2009. If a separate seating system is used, the wheelchair frame should meet AS/NZS 3696.19:2009 while the seating system should meet AS/NZS ISO 16840.4:2014 for both to be considered "crash tested".



Wheelchairs that meet this standard have been "Crash Tested" to withstand crash forces (48km/h at 20 g) in an accident. If you are unsure whether a wheelchair is "crash tested", check with the manufacturer or supplier.



Seating Systems

When a seating system is integrated into the wheelchair frame (or is supplied as standard with the frame) then the frame/seating system combination should comply with AS/NZS 3696.19:2009. If a separate seating system is used, the wheelchair frame should meet AS/NZS 3696.19:2009 while the seating system should meet AS/NZS ISO 16840.4:2014 for both to be considered "crash tested".

Regardless of the type of seating system used, there are general requirements recommended to maximise safety:

- Back support should ideally be at shoulder height
- Head support mounted to the wheelchair or to the vehicle
- Postural Support Devices (eg. lateral supports) should be integrated into the seating system whenever possible
- Wheelchair cushions should be of minimal weight and secured to the wheelchair
- Ancillary items (eg. trays) should be removed from the wheelchair during transport

Tips for Travelling with a Disability

What you need to consider before planning to travel

Tips for travelling by plane

Before your flight:

- Call ahead- Most Australian airlines require a minimum of 5 days' notice to accommodate the needs of a person with a disability.
- Be specific in explaining your needs and make plans with the airline for any assistance you will need. Get these plans in writing and call to confirm plans 24-48 hours prior to departure.
- It has been recommended for passengers to complete a medical clearance (MEDA) form prior to departure. This form outlines the needs of the passenger to all staff on the plane and facilitates the provision of any assistance required.
- Be prepared! Have electric mobility devices charged and serviced before your flight, have an emergency repair kit, have a supply of your medication to cover your trip and any emergencies with a letter of explanation for entry into other countries.

- If your mobility device uses batteries know the type & size of battery. Obtain a dangerous goods clearance for each flight- even if you are travelling with the same airline.

- Avoid connecting flights where possible or allow a reasonable amount of time between flights. Consider the time it will take to disembark and collect mobility devices.

At the airport:

- Arrive early- generally you will be the first to board and last to disembark. Most airlines request for passengers requiring assistance to be at the departure gate 40 minutes prior to departure for domestic travel and 60 minutes for International.
- You will likely have to check-in your mobility device, know its weight and measurements. Communicate with the airline regarding transfers from check-in to the departure gate, availability of an aisle wheelchair on the plane and the availability of a lift or ramp if boarding from the tarmac.



See <https://ilc.com.au/wp-content/uploads/2018/05/ILC-Transportation-of-People-Seated-in-Wheelchairs.pdf>

See <https://ilc.com.au/wp-content/uploads/2018/05/ILC-Helpsheet-Tips-for-Travelling-with-a-Disability.pdf>



How to transfer safely to the car

Common issues people have when getting into/out of the car are; turning on the seat, lifting their legs into the car and standing up from the car seat.

Some basic principles to follow when getting into/out of the car are:

- Slide the seat back to give yourself space to move.
- Use the main body of the car for support.
- Use gravity to your advantage.

There are a wide variety of transfer aids to assist with getting into and out of the car safely and independently. These are some options that you might consider.

Portable Handles

A metal handle which fits into the car door lock striker and can assist the user to transfer in and out of the car seat by providing a rigid support handle.

Swivel Cushions

Consist of two discs that pivot on each other with slippery inner surfaces and slip resistant top and bottom. They are designed to assist a user to pivot 180 degrees with or without the assistance of an attendant.



Sliding Mats

Made from fabrics with slippery surfaces to allow for easier manoeuvrability by reducing friction between the seat and user, mats generally consist of two separate mats, one placed on top of the other.

Models with handles can provide a place for carers to hold onto as they assist an individual to reposition in the car

Leg lifters

Used for lifting the user's legs in and out of the car. They have a long plastic strap with loops at the end for holding the feet.

Electrically Operated Turning Seat

This car seat assists in transfers by eliminating the need to step into the car. The seat is powered and swivels itself out of the car to enable greater space for the person to transfer onto before it moves the passenger back inside the car.

Swivel seats are a good option if the car seat is very deep or the user has difficulty adjusting their position.



See <https://ilc.com.au/wp-content/uploads/2018/06/ILC-How-to-transfer-safely-to-the-car.compressed.pdf>

Vehicles for people with disabilities

Imported Vehicles, Modified Vehicles,
Special Purpose Vehicles,
Equipment and Accessories



Department of **Transport**

See https://www.transport.wa.gov.au/mediaFiles/licensing/LBU_VS_P_SpecialNeedsVehicles.pdf