

Community Reentry Recommendations



- Always scan the floor for wet areas.
- Always test manual doors to see how heavy or light they are before going through. Remember to ask for help if the door is too heavy.
- Be aware of narrow doorways and narrow aisles. Always allow extra room to maneuver your wheelchair or electric cart so you do not bump into obstacles.
- Be aware of your surroundings: i.e, small children running around, animals, a busy area with people in a hurry, items on the floor, etc.
- Be careful of changes in surfaces, such as gravel, sand, carpet, slick floors or unmarked curbs.
- Do not get on your tip toes. Use your reacher/grabber, if you have one, or have someone get high items for you.
- On stairs/steps and curbs, always go up with your good leg and down with the bad (Unless otherwise instructed by your therapist). Remember to follow your therapist's specific instructions for stairs.
- Plan for extra time to do things and get places so that you may do them safely (i.e, allowing extra time to cross the street or a parking lot. Remember, you are slower now).
- Pre-plan the outing. Call ahead for accessibility, assistance you may need, as well as available places to sit and rest.
- Stay within the frame of your walker for balance and keep one hand on the walker at all times.
- Take your time!
- Use available community resources to conserve your energy: a wheelchair if you will need to do a lot of walking (i.e, the mall) or a motorized cart in the grocery store, Wal-Mart, Target, Lowe's, Home Depot, Sam's Club, etc. Please ask for help in stores if needed.
- Watch out for rugs in front of doors. They tend to curl up and catch on the stoppers on walkers.



GLANCY REHABILITATION CENTER

Gwinnett Medical Center – Duluth