



Tips and Techniques for Enhancing Mobility and Maximizing Endurance in the Community

- Park near the entrance of buildings or closest to the accessible entrances. (Utilize a handicap-parking card if you qualify for one.)
- Utilize curb cuts whenever possible.
- Use ramps when available instead of stairs.
- Look for automatic doorways or ask for assistance when opening heavy doors.
- Walk or wheel on smooth surfaces. Be careful of thick carpets or uneven surfaces such as cobblestones, asphalt, or grass.
- Use a backpack instead of carrying a purse.
- Plan rest breaks periodically, even if you do not feel tired. Scout out benches, chairs, etc to sit on. If waiting in line, ask for a chair.
- Request to sit closer to the entrance or closer to a restroom, or in a quieter area depending upon your needs. Travel during off peak times, when stores and restaurants are not as busy.
- Have prescriptions called into pharmacies or mail order prescriptions to avoid having to wait to have a prescription filled.
- Try to schedule appointments, such as dental, medical, hairdressing, etc early in the morning or during off peak hours. Try calling prior to leaving for an appointment to determine if appointments are running on time.
- Planning ahead is the key to conserving energy in the community.

Information received from:

http://www.caregiver-information.com/Adapted%20Leisure/energy_conservation.htm