

Positioning/Seating/Transferring/Mobility/Transportation

Assistive technology related to positioning, seating, transferring, mobility, and transportation applies to such areas as: safe, healthy and comfortable practices for lying down, sitting, standing, and transferring, as well as moving safely, efficiently and independently around the house and community. Related devices can be wedge-shaped pillows that relieve respiratory discomfort and allow for easy breathing, or walkers and canes that have pouches for easy storage. Here are a few devices that can help you get around:

Canes: These walking devices now come in a wide variety of styles to better fit your needs! Some canes are shaped to help to stand up, while others have wheels on the bottom to make getting around easier. If you need to carry a few personal belongings while walking, you may use an attachable tote bag that fits right onto your cane.

Walkers: Like the cane, walkers have also been adapted to better meet your mobility needs. To make standing easier, many walkers now have additional bars or extensions that assist you in getting up. Wheels have also been attached to allow you to walk quicker, and some models even have fold-out seats. If you need to carry items while you are walking, a variety of attachable baskets and tote bags are available. With an attachable food tray, carrying your lunch from one room to another won't be a problem anymore.

Wheelchair Ramps and Lifts: To assist persons using wheelchairs, portable ramps can be used to get through those areas that do not have ramp access. These portable ramps can be used almost anywhere, and they are often lightweight and easy to carry. Other ramps are specifically designed to be permanently installed in the home or in the office. To make traveling with your wheelchair easier, special carriers that attach to the back of your vehicle can be used. Like the canes and walkers, attachable accessories such as tote bags and trays are also available.

Seat Lifts: For those who have trouble standing, a seat lift can help give them that extra push. As you slowly move to sit up, the cushion reacts by gently raising you upwards until you are able to stand up on your own. These cushions can be used in your home, car, or in an airplane.

Emergency Alert System for Cars: If your hearing isn't quite what it used to be, you may want to use this device to alert you of oncoming emergency vehicles. The emergency alert system is installed in your car and warns you when an ambulance, fire truck, or police car is headed your way.

Things you can do to make getting around easier:

- Place cushions on chairs to make standing up easier.

- If you are going to a new building, call ahead to find out if their building is accessible. Not all buildings have ramps or elevators, so it's better to plan ahead.
- When traveling, make sure that your agent makes the appropriate accommodations to fit your needs.