



Wheelchair safety tips

A wheelchair can give our elder friends or loved ones greater mobility and independence. Here are some tips you can use to help ensure visits and outings in a wheelchair are safe and trouble-free.

- **Make sure the wheelchair user maintains their center of gravity.** Use a positioning belt if there is one available with the mobility chair.
- **Use wheel locks or brakes** when they reach, lean, or bend forward, and maintain a firm, balanced seat position. Never let them reach between their knees or move forward in their seat to pick up an object.
- **Be cautious on ramps, declines and inclines.** Have the wheelchair user practice with you and never let them attempt to go up a steep slope alone. Before traversing a pathway, road or sidewalk, look for uneven surfaces, holes or obstacles.
- **Assist them when going up a curb** or find your way around a curb rather than go up it. Look for a nearby ramp, curb cut, or elevator.
- **Program the speed of a power wheelchair** so that it does not go any faster than they can handle, particularly when going in reverse.

From www.mobility-advisor.com

Little Brothers - Friends of the Elderly has provided one-on-one companionship services, advocacy and social activities for isolated and lonely older adults in the Twin Cities since 1972. A 501(c)(3) nonprofit organization, LBFE has been recognized by the Charities Review Council for meeting its 27 Accountability Standards. More information about LBFE can be found at littlebrothersmn.org.

Copyright © 2015 Little Brothers - Friends of the Elderly, Minneapolis/St. Paul Chapter

Little Brothers - Friends of the Elderly

1845 East Lake St. | Minneapolis, MN 55407 | 612.721.6215 | littlebrothersmn.org