

## **Manual Wheelchair Skills Assessment and Training: A Practical Workshop**

### **COURSE DESCRIPTION**

Research evidence has been accumulating that demonstrates the safety and superior effectiveness of a formal approach to wheelchair skills training of wheelchair users and their caregivers. The Wheelchair Skills Program (WSP), available free on the Internet ([www.wheelchairskillsprogram.ca](http://www.wheelchairskillsprogram.ca)), includes useful evaluation and training tools to help practitioners translate this research evidence into clinical practice. This low-tech, high-impact program is designed to help practitioners optimize the safety and maneuverability challenges that face wheelchair users and their caregivers. This workshop will include a 1-hour didactic introduction to the WSP. The practical portion of the schedule will provide participants with an opportunity to experience a range of wheelchair skills including spotting techniques and assessment methods, but will focus on training issues (both the 'tricks of the trade' and motor-skills-learning principles).

### **COURSE OBJECTIVES**

On completion of the workshop, participants will be able to:

1. Describe the elements of the Wheelchair Skills Program.
2. Summarize the research evidence to date regarding the measurement properties of the WST and WST-Q.
3. Summarize the research evidence to date regarding the safety and efficacy of the WSTP.
4. Perform basic, intermediate and some advanced wheelchair skills.
5. Safely spot people performing basic, intermediate and advanced wheelchair skills.
6. Assess people performing basic, intermediate and advanced wheelchair skills.
7. Train people learning basic, intermediate and advanced wheelchair skills.
8. Describe how to implement the wheelchair skills assessment and training procedures in their own settings.