

Preparation

As a participant, you will be given basic wheelchair training including proper seating, steering, and basic operation of the wheelchair. It is important to plan your work day in advance due to the physical barriers that you may encounter throughout your day.

Some aspects to consider when planning your day are:

The use of light gloves as hand protection

Consideration of the distances you may need to propel yourself in the wheelchair

The use of a knap sack for your belongings

Weather protection

Suggested Activities

Go for lunch (make sure the restaurant is wheelchair accessible)

Go for coffee with your colleagues

Try using a wheelchair accessible washroom