



## Manual Wheelchair Skills Full Day Workshop for Clinicians

by Mira Robin and Ruth Hanley

### Course Description

This workshop is intended for any clinicians who work with clients who are manual wheelchair users and want to gain skills in supporting these clients in enhancing their wheelchair skills. The purpose of this workshop is to provide an interactive learning environment where participants will not only learn about the Wheelchair Skills Program but have the opportunity to practice skills from beginner to advanced. In turn, they will be able to safely and effectively teach those skills to others in order to enhance their confidence and independence in using their manual wheelchair in their daily lives. Although there will not be practice using power wheelchairs, an introduction to using the tool for supporting power wheelchair users will also be covered. There will be emphasis placed on the process and sequence of the skills building in order to enhance learning.

All content of the workshop is based on the Wheelchair Skills Program (WSP), which has been developed by a team of researchers at Dalhousie University in Canada. The Wheelchair Skills Program includes both evaluation and training tools and encompasses the Wheelchair Skills Test (WST), Wheelchair Skills Training Questionnaire and the Wheelchair Skills Training Program (WSTP) itself, which is all well supported by research.

### Course Objectives

The format of the workshop will include a brief lecture introducing the program, measures, and research evidence supporting the program, followed by a day of highly participatory, experiential learning. It is expected that by the end of the workshop, participants should be able to:

1. Describe the components of the Wheelchair Skills Program
2. Summarise the research base relating to WST/WST-Q and WSTP
3. Perform basic, intermediate and some advanced manual wheelchair skills
4. Safely spot individuals performing these skills
5. Assess individuals performing these skills
6. Train individuals learning these skills
7. Describe how to carry out the wheelchair skills assessment and training process in their own work settings, including how to set up the environment safely and effectively.