

Our Center's Mission

To provide and demonstrate how Assistive Technology can transform limitations into opportunities. We work toward this mission by providing access to Assistive Technology and related services that enable individuals with disabilities to achieve productivity, independence, and success according to their needs and interests.

Our AT Center

Provides support and services to people of all ages and abilities throughout the CNMI. We work closely with Family Members, Teachers, Medical & Therapeutic Professionals, Schools, Businesses, Government Agencies and Vendors to better help them serve the needs of individuals with disabilities.

Resource and Referral

Not sure where to start? Let us put our research and expertise to work to help guide you to the resources you need. Information and catalogues are available on a wide variety of Assistive Technology products and services.

Assistive Technology Devices

What do families need to know about AT?

Assistive technology can help people at any age in all aspects of their lives: at home, at work, and in the community. The use of technology can help young children to maintain typical development, it can be used to help promote inclusion in the regular education environment, and it can assist adults in being successfully employed. AT can also help enhance communication and can help increase independence and assist individuals to live more self-determined lives. Resources are available through Medicaid, Medicare, Private Insurance, and other sources to pay for assistive technology.

Assistive Technology Program

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CNMI COUNCIL ON DEVELOPMENTAL DISABILITIES

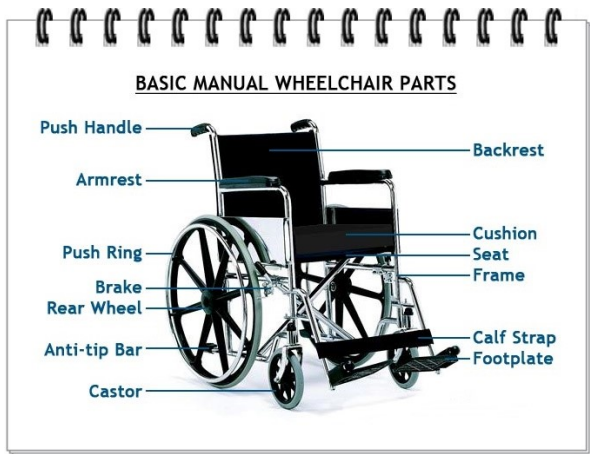
ASSISTIVE TECHNOLOGY PROGRAM

Wheelchair Safety Guide

OPENING DOORS TO INDEPENDENCE

Tel: 670-664-7000/3





Basic Wheelchair Safety Guide

- Regular Maintenance is very important. Keep the wheelchair in good repair and you will prevent many accidents and malfunctions.
- Always lock the brakes before getting in and out of the wheelchair. On power wheelchairs, always turn the power off before transferring. This can prevent someone from bumping the joystick and it saves battery juice.
- Don't pull backward on doors or other objects when sitting in a manual wheelchair. A door could suddenly release and you could tip over backwards.
- Lift the footplates up before getting in or out of the chair.
- If you have a wheelchair with removable arm or leg rests, make sure they are secure by lifting the arms and gently trying to swing the leg rest away from the chair. Do this before each use.
- Avoid putting heavy loads on the back of a wheelchair. This could cause the chair to tip over backwards.

- Don't remove the anti-tip wheels or bars on any wheelchair. This should prevent the chair from tipping backwards.
- Keep loose objects or lap cover away from the wheel spokes.
- Don't let children play with your wheelchair. They should be instructed to never touch your wheelchair or the controls. Don't let them ride on the battery cases or on the footrest; these will break if you do.
- Use a flag if you ride in the streets. Use headlights and flashing taillights if you ride in the streets at night. Pick bright colored wheelchairs.
- Avoid going up or down steep inclines or slopes. You might lose control and tip your chair over.
- Beware of caster flutter. This is the side to side motion of the caster which usually happens at high speeds. If the casters flutter, replace them immediately.
- Have the programming of your power wheelchair set so that it does not go faster than you can handle, especially in reverse.
- Avoid riding in the rain. Wheelchairs are not waterproof and it is not safe. Controls get wet on power chairs and wheels lose traction on wet ground.

Just be careful and think of ways to prevent problems before they occur. Plan ahead for emergencies such as brake failure, tipping backward or the power wheelchair moving by itself.

Basic Maintenance Guide

Regular Maintenance is very important. Keep the wheelchair in good repair and you will prevent many accidents and malfunctions.

- Clean manual wheelchairs often and we recommend every 2-3 weeks
- Clean the frame of the chair using a mild detergent. The backrest and cushion should only be cleaned using soap and water. If in doubt, check the manufacturer's guidelines
- Inspect for wear & tear
- Tighten hardware such as seating components such as caster/forks. Listen for sounds your wheelchair doesn't normally make as this is a good indicator a part is loose.
- Inspect seating components such as cushion, seat sling, and back support
- Adjust as needed such as wheel locks and tire pressure adjustments
- Proactive replacement such as tires, casters, and upholstery

As a general rule you should check the **tyre pressure** every month, as well as the condition of the brakes, the backrest and all moving parts.

During Pandemic Threats:

1. Make sure to wash your hands often and wipe with ant-bacterial wipes.
2. Wipe down your wheelchair or other AT with sanitized cloth or anti-bacterial wipes.
3. Observe a minimum of 6 feet of distance from others in social interactions, and consider the benefits of wearing a face mask, medical or otherwise.