

## More Than Walking - Peer Demonstration Prompts - 3/12/19

Thank you for volunteering to be a peer mentor demonstrator for More Than Walking! Please make sure you have signed and submitted an [appearance release form](#), which gives us non-exclusive permission to edit and publish the videos you submit to us. The following prompts are to help you think about what you might include in a demonstration for the listed 16 topics. You can submit multiple demonstrations per topic, as some contain many activities. You can also submit demonstrations or discussions on topics not listed here. No nudity or swearing is allowed. Questions? Contact us at: [mentors@morethanwalking.com](mailto:mentors@morethanwalking.com)

**1. Respiratory** - How is breathing now different from before injury, in terms of medical equipment, coughing strategies, singing, swimming underwater, complications in cold weather, assistance. How do you manage during travel? What precautions do you take?

**2. Bowel** - How is bowel management now different from before injury, in terms of adaptive devices / medicines / supplements / medical supplies used, bathroom setup, routine explanation (including prep and cleanup), assistance. How do you manage during travel? What precautions do you take?

**3. Bladder** - How is bladder management now different from before injury, in terms of adaptive devices / medicines / supplements / medical supplies used, bathroom setup, routine explanation (including prep and cleanup), assistance. How do you manage during travel? What precautions do you take?

**4. Bed Mobility** - Think back to your first days of rehab. How did you first learn how to get up from bed (with or without assistance)? How did you maneuver to lay back down? How did this change over time? How did the type of bed (hospital or normal) or mattress (spring, water, foam) make a difference, or any adaptive devices (pressure mattress overlay)? How do you manage during travel? What precautions do you take?

**5. Transfers** - Think back to your first days of rehab. How did you first learn how to transfer to/from bed, wheelchair, tub, shower bench, car, floor, etc.(with or without assistance)? How did this change over time? How did the type of surface (soft or hard) or height (going up/down) make a difference, or any adaptive devices (slide boards, leg straps)? How do you manage during travel? What precautions do you take?

**6. Pressure Relief** - Think back to your first days of rehab. How did you first learn how to do pressure relief (with or without assistance)? How did this change over time? How did the type of surface (soft or hard, bed, seat, or ground) make a difference, or any adaptive devices (mattresses, overlays, cushions)? How do you manage during travel? What precautions do you take?

**7. Eating** - How is eating now different from before injury, in terms of positioning, utensils, adaptive equipment, carrying items to table, avoiding burns, cutting or serving food, assistance? Does your SCI influence your diet? How do you manage during travel? What precautions do you take?

**8. Dressing** - Think back to your first days of rehab. How did you first learn how to dress yourself again (with or without assistance)? How did this change over time? Can you dress both upper/lower body in a bed / wheelchair / standing? How do you manage buttons, zippers, knots, velcro? Do you use any dressing aids or custom clothing? How do you integrate bowel or bladder needs (leg bags, colostomy bags, etc)? How do you manage during travel? What precautions do you take?

**9. Grooming** - How is brushing teeth, flossing, hairdressing, shaving, makeup, nail cutting, filing, nail painting now different from before injury, in terms of planning, positioning, adaptive equipment, timing, and assistance? How do you manage during travel? What precautions do you take?

**10. Bathing** - Think back to your first days of rehab. How did you first learn how to bathe yourself (with or without assistance)? How did this change over time? How do you wash lower / upper extremities and back? What equipment or assistance do you use? How do you manage during travel? What precautions do you take?

**11. Chair Skills** - Think back to your first days of rehab. How did you first learn how to propel your chair yourself (with or without assistance)? How did this change over time? How do you manage doors, ramps, curbs, stairs, steps, hills, wheelies, falls? How does the floor or ground surface make a difference? What about the weather? What equipment or assistance do you use? How do you manage during travel? What precautions do you take?

**12. Standing / Exercise** - Think back to your first days of rehab. How did you first learn how to exercise, stand, walk, or swim (with or without assistance)? How did this change over time? How do you manage low blood pressure, muscle soreness, nerve pain? What medicines, supplements, equipment, or assistance do you use? How do you integrate bowel or bladder needs (leg bags, colostomy bags, etc)? How do you manage during travel? What precautions do you take?

**13. Communication** - How is talking, listening, writing, typing, dictation, or using a remote / controller now different from before injury, in terms of technology, adaptive equipment, technique, and assistance? Is this affected by any medications? Have your methods changed over time? What precautions do you take?

**14. Transport** - How is traveling by car, truck, bus, train, boat, plane, or rocket now different from before injury, in terms of driving, riding, planning, wheelchair storage, adaptive equipment, timing, and assistance? What precautions do you take?

**15. Homemaking** - How is cooking, cleaning dishes, taking out trash, sweeping, vacuuming, mopping, dusting, doing laundry, changing light bulbs, household maintenance, organizing storage, moving furniture, mowing the lawn, raking leaves, shoveling, now different from before injury, in terms of delegation, adaptive equipment, timing, and assistance? What precautions do you take?

**16. Instructing** - Think back to your first days of rehab. How did you first learn how to manage your personal care with family, friends, or attendants? How did this change over time? How do you organize your personal care around your daily schedule? How do you maintain a positive relationship with those who help you? How do you approach and instruct strangers or neighbors for help (such as getting a wheelchair out of a car, getting up/down stairs)? How do you manage during travel? What precautions do you take?