

Wheelchair Skills Training (WST)

For children & young people using manual or power chairs

Level: Beginner / Intermediate

Sample scheme of work

Session number*	By the end of this session attendees will:
1	Contribute towards and approve the group rules. Identify at least one skill they want to improve by the end of the week and have this noted as a goal. Practice how to start and stop their wheelchair safely, avoid collisions and how to move forward and backward and turn to the left and right.
2	Discuss how to look after their wheelchair and make sure it is safe to use. Practise dealing with camber. Practise manoeuvring independently by participating in a dance session.
3	Practise moving at different speeds. Reach for objects, pick them up and carry them whilst moving, or ask for help to do so. Practise opening and shutting a door and moving through it safely.
4	Practise moving across different surfaces and slopes, using techniques demonstrated by the trainers. Practise their chosen skill with their buddy. State one hazard to be aware of when around roads and practise using at least one sense to identify hazards.
5	Demonstrate their distance travelled at the scheme through a final assessment activity. Take part in a treasure hunt around the building and in the grounds, practising all of the skills taught during the scheme. Celebrate the group's achievements and make a pledge for the future.

* WST schemes can last between 3 and 6 sessions. This is an example only.