



## Mobility / Adaptive Aids Discussion Questions

October 2024

1. What types of adaptive equipment do you use?  
How have they helped you?
2. What would you tell someone who is hesitant to use mobility aids?  
(such as wheelchairs, walkers and canes)
3. What activities do you find the most difficult due to pain, illness or disability?
4. What are ways you have been able to ask for help from family or friends?
5. What are the challenges you have faced with using mobility aids in public spaces?
6. Has a Physical or Occupational Therapist ever suggested devices that could be useful?  
Explain.
7. Are there ways you have found to make a difficult activity easier?
8. What makes it difficult to find and use adaptive devices?  
For example – cost or feeling comfortable using a device around others
9. How does your perception of mobility aids affect your willingness to use them?  
(such as wheelchairs, walkers and canes)
10. Explain if you have ever had a provider order medical equipment for you.  
Were you able to get your insurance to cover it?
11. What adaptive or mobility aids do you use currently?
12. What are adaptive tools that make your home safer or easier to navigate?
13. What challenges have you faced when looking for adaptive aids?
14. What types of adaptive equipment have you found most effective for managing pain or illness?
15. What has helped you find your voice? (ex: asking for accommodations, advocating for your needs)



16. How has using adaptive tools changed your daily routine or activities?
17. What are some mobility aids/ devices you use to help you maintain function throughout the day?
18. What has helped you the most to communicate to those who ask questions about your aids/devices? (ex: "You only use your wheelchair sometimes." "I only see you wear your neck brace or knee brace on occasion" "Jimmy, why do you have a shower chair in your bathroom?")
19. How have you arranged your living situation to make it most comfortable for you with your accommodations? (such as shower handles, moving downstairs if you slept upstairs etc)
20. Share a positive experience(s) you have had using your mobility/adaptive aid.
21. In what ways have adaptive devices made your life easier or better?
22. When you travel or go out of the house, do you call ahead to make sure they can accommodate you?
23. What is in your comfort bag or travel bag? (ex: mat, meds, tens unit, braces, neck pillow, eye mask, heat/cooling gels, etc)
24. Are you able to speak with your healthcare professional about mobility aids?
25. When did you give yourself permission to utilize mobility aids/adaptive devices? Explain.
26. What mobility aids/devices have you found most effective?
27. Where have you found the most affordable aids/devices?
28. Have you thought about asking your healthcare team for a handicap placard? Why or why not?