

# Mobility training

## Example of planning a mobility training



### Example of an objective:

"The 18-year-old Peter should learn to go unattended to a grocery store close to school."

**The following skills are required for a training and must be considered for the planning:**

### Planning skills

- Select a shop to buy food
- Select clothes according to the weather
- Get the opening hours of the business
- Carry a shopping bag

### Orientation

- Cope with ways around the school
- Follow the logo of the grocery store
- Orient yourself in the shop: Find items by shopping list
- Find an alternative way, if the usual is locked

## **Locomotion**

- Use sidewalks, take detours if necessary
- Pay attention to other road users, e.g. common pedestrian and bicycle path
- Cope with tight aisles in supermarket

## **Rule knowledge**

- Orient yourself to traffic signs, e.g. zebra crossing
- Observe traffic rules, e.g. cross the street at the traffic light
- Talk in moderate volume

## **Hazard awareness**

- Know danger signs, e.g. building site
- Pay attention to possible hazards on paths and roads, e.g. suppliers driveway
- Expect errors and misbehavior of other road users

## **Communication**

- Make eye contact with other road users, e.g. at the crosswalk to motorists
- Ask for help, e.g. when crossing the street
- Appropriately approach strangers: perceive whether there is willingness to make contact, use politeness.