## 12. Outside Home

Is the person able to get out of the home and into the community?

No

<table>
<thead>
<tr>
<th>Task</th>
<th>Is the person able negotiate porch, stairs, walkways?</th>
<th>Is the person able to get into and navigate essential places like grocery store, doctor’s office, bank?</th>
<th>Is the person able to drive, or get in and out of car, or use public transit?</th>
</tr>
</thead>
</table>
| Why not? | Physical  
- Limited mobility  
- Requires walker / wheelchair (or bariatric wheelchair)  
- Low vision  
- Cognitive limitations  
Environmental  
- Weather barriers  
- Clutter / obstacles  
- Poor lighting  
- Unsafe conditions of environment (rickety)  
- No curb cuts | Transportation  
- Parking fees  
- Route barriers  
- Cognitive barriers (anxiety, memory)  
- Mobility limitations  
- Poor endurance  
- Decreased vision | Mobility  
- Vision  
- Cognitive  
- Poor endurance  
- Physical limitations  
- Car / mechanical maintenance issues  
- License expired  
- Tags not current |
| Intervention? | Contractor, PT, OT, Orientation & Mobility | Driving services, OT, PT, O & M | Mechanic, OT, PT, O & M, Aide |
| Solutions and Strategies | - Orientation and mobility training  
- New equipment, i.e. lightweight wheelchair  
- Life Line / safety alerts  
- Notify fire / police of safety / physical needs in weather or community needs  
- Move / relocate  
- Identify alternate routes, pathways, elevators  
Reorganize / eliminate clutter  
- Install lighting  
- “Safety tape”  
- Traction tape  
- Rock salt  
- Fix / repair faulty steps, doors  
- Automatic door opener  
- Ramp  
- Lift  
- Handrail | - Meals on Wheels  
- Driving services (Uber, taxi, Marta Mobility (paratransit), public transportation, friend or family)  
- Move / relocate  
- Assistance with navigation  
- Use of apps to order items ahead of time  
- Use mobilized cart or scooter in store  
- Go during off peak time to stores / banking / MD to conserve energy, decrease cognitive stimulation, decrease traffic  
- Day time only secondary to vision  
- Consistent time for appointments and errands  
- Calendars  
- Apps for memory or anxiety  
- Alternative ways to transport groceries | - Modify vehicle (hand controls, pedals)  
- Deluxe cushion (swivel)  
- Handy bar  
- Enlarged rearview mirror  
- Seat belt adaptor  
- Driving evaluation  
- Vision evaluation  
- New vehicle with electronic features  
- Move / relocate  
- Schedule for bus, Marta, public transportation  
- Get accessible parking tag or indicator  
- Apps to assist with cognitive problem solving |