

Wheelchair Skills Training Program: Training Log

Manual Wheelchairs

Name of wheelchair user: John Doe

Caregiver assisting (if any): Sue Doe (wife)

Date of session #1: Dec 1, 2018

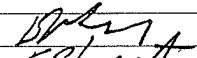
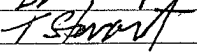
#	Skills*	Sessions** (Explanation and Comments on page 2)									
		1	2	3	4	5	6	7	8	9	10
Date (dd/mm):		01/12	03/12	05/12	08/12	10/12	12/12	15/12	17/12	19/12	22/12
1	Rolls forward short distance (10 m)	3									3
2	Rolls backward short distance (5 m)	3									3
3	Stops on command	3									3
4	Turns in place	3									3
5	Turns while moving forward	3									3
6	Turns while moving backward	3									3
7	Maneuvers sideways	3									3
8	Picks objects from floor	3									3
9	Relieves weight from buttocks	3									3
10	Performs level transfers	3									3
11	Folds and unfolds wheelchair	3									3
12	Gets through hinged door	3									3
13	Rolls longer distance (50 m)	3									3
14	Ascends slight incline (5°)	3									3
15	Descends slight incline (5°)	3									3
16	Ascends steep incline (10°)	3									3
17	Descends steep incline (10°)	3									3
18	Rolls across side-slope (5°)	3									3
19	Rolls on soft surface	3									3
20	Gets over obstacle (5 cm)	1	2	3 ^c	3						3
21	Gets over gap (15 cm)	1	2	3 ^c	3						3
22	Ascends low curb (5 cm)	2	2	3 ^c	3						3
23	Descends low curb (5 cm)	2	2	3 ^c	3						3
24	Ascends high curb (15 cm)	2	2	3 ^c	3						3
25	Descends high curb (15 cm)	3	3								3
26	Performs wheelchair-ground transfers	1		2	3				3		3
27	Performs stationary wheelie (30 sec)	1		2	3	3	3	3	3	3	3
28	Turns in place in wheelie position	1				2	3	3	3	3	3
29	Rolls forward and backward in wheelie position (2 m)	1				2	3	3	3	3	3
30	Descends high curb in wheelie position	1				2	3	3	3	3	3
31	Descends steep incline in wheelie position	1				2	3	3	3	3	3
32	Ascends stairs	2						2	3	3	3
33	Descends stairs	2						2	3	3	3
34	Other:										
35	Other:										
Trainer's initials (signatures on page 2):		DS	DS	DS	DS	TS	TS	TS	TS	TS	TS
Session duration (minutes):		45	30	30	20	30	30	30	30	30	45

- * Skills 1-33 in column 2 correspond to the WST skills (<https://wheelchairskillsprogram.ca/en/skills-manual-forms/>).
- ** Place a capacity score (0-3 below), "X" or tick mark to indicate which skills were worked on during a session and/or the skill level achieved. Add "C" to a session number if a caregiver participated.

General Scale for Scoring Skill Capacity		
Advanced pass	3	The subject carries out the skill in a highly proficient or advanced manner.
Pass	2	The subject carries out the skill independently and safely, but imperfectly.
Partial pass	1	The subject completes a majority of the evaluation criteria.
Fail	0	The subject does not complete a majority of the evaluation criteria, is unsafe or unwilling.
Not Possible	NP	The wheelchair does not have the parts to allow this skill.
Testing Error	TE	The tester cannot assess the skill for some reason.

*** More details, including criteria specific to individual skills can be found in the WSP Manual.

Date	Comments and Plans (if any)
Dec 1, 2018	Did full WST. Selected skills 20-33 as goals.
Dec 5, 2018	Caregiver assistance for popping skills. Wheelie too "reactive".
Dec 8, 2018	Popping skills unassisted.
Dec 10, 2018	Recommended removal of rear anti-tip devices.

Trainer #1: Name (print): Deb Smith Signature:  Initials: DS
 Trainer #2: Name (print): Tom Stewart Signature:  Initials: TS
 Trainer #3: Name (print): _____ Signature: _____ Initials: _____
 Trainer #4: Name (print): _____ Signature: _____ Initials: _____