



WHAT DOES GOOD MOBILITY SUPPORT LOOK LIKE?

A simple guide to choosing mobility
support that fits your life



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What Does Good Mobility Support Look Like?

What do you want your support to help you do?

Because the right solution isn't simply something that works.

It should work for you.

Use this guide to think about what matters most before you choose.

1.START WITH YOUR LIFE

Forget the product for a moment.

Think about the things you want to keep doing, do more comfortably, or make easier.

What matters most to you?

- ☐ Getting around my home comfortably
- ☐ Getting in and out of my chair more easily
- ☐ Getting outside
- ☐ Shopping or running errands
- ☐ Going to church or community activities
- ☐ Visiting family and friends
- ☐ Traveling
- ☐ Spending time outdoors
- ☐ Relaxing comfortably at home
- ☐ Doing more things on my own
- ☐ Having more confidence when I'm out
- ☐ Conserving energy for the things I enjoy
- ☐ Something else: _____

The one thing I most want to keep doing is: _____

If this became easier, it would matter to me because: _____

2. WHAT WOULD GOOD SUPPORT GIVE YOU BACK?

The value of support isn't always the equipment itself.

It may be what becomes possible because of it.

I would like more:

- ☐ Comfort
- ☐ Confidence
- ☐ Freedom
- ☐ Energy
- ☐ Time with family
- ☐ Ability to get out and participate
- ☐ Ability to do things on my own
- ☐ Peace of mind
- ☐ Less physical effort
- ☐ Something else: _____

Complete this sentence:

With the right support, I would have more _____ to spend on _____.

3. MAKE SURE IT FITS YOUR REAL LIFE

The best product on paper may not be the best product for you.

Think about how you'll actually use it.

Where will you use it most?

- ☐ At home
- ☐ Around my neighborhood
- ☐ Shopping and errands
- ☐ Medical appointments
- ☐ Church or community events
- ☐ Visiting family and friends
- ☐ Traveling
- ☐ A combination of places

How often would you use it?

- ☐ Every day
- ☐ Several times a week
- ☐ Occasionally
- ☐ Mostly for longer outings

What else needs to work?

- ☐ It needs to fit in my home
- ☐ It needs to be easy to store
- ☐ It needs to be easy to transport
- ☐ I need to be able to operate it myself
- ☐ Someone else will help me use it
- ☐ Comfort is especially important
- ☐ I need something relatively lightweight
- ☐ I need flexibility for different situations
- ☐ I'm not sure yet

One practical consideration I don't want to overlook: _____

4. DON'T UNDERESTIMATE FIT

A product can have all the right features and still not feel right.

Especially with something you'll use regularly, fit and comfort matter.

When you try a product, ask:

Does it feel right for me?

- ☐ I feel comfortable sitting or using it.
- ☐ The size feels appropriate for me.
- ☐ I can get into and out of it comfortably.
- ☐ I can reach and operate the controls.
- ☐ The positioning feels natural.
- ☐ I feel supported.
- ☐ I can imagine using it regularly.
- ☐ I would actually enjoy using it.

The most important thing I want to feel when using it is: _____

5. THINK BEYOND THE PRODUCT

Good support should work for the people around you, too.

I expect to:

- ☐ Use it independently
- ☐ Need occasional help
- ☐ Have a family member help me
- ☐ Have a caregiver help me
- ☐ I'm not sure yet

If someone helps me, they may need to help with:

- ☐ Transporting it
- ☐ Storing it
- ☐ Charging it
- ☐ Operating it
- ☐ Transfers
- ☐ Setup or maintenance
- ☐ Something else: _____

One thing that would make this easier for my family or caregiver:

6. THE MOST IMPORTANT TEST

Before choosing, ask yourself:

Will I actually use it?

Not someday.

Not because someone told me I should.

Will it fit naturally enough into my life that I will want to use it?

Think about what might get in the way.

- ☐ It may be uncomfortable.
- ☐ It may be difficult to operate.
- ☐ It may be difficult to store.
- ☐ It may be difficult to transport.
- ☐ I may not feel confident using it.
- ☐ My family may not feel comfortable with it.
- ☐ I'm not sure how it would fit into my routine.
- ☐ Something else: _____

What would make me more likely to use it? _____

7. BEFORE YOU CHOOSE, ASK THESE QUESTIONS

You don't have to know the answers.

You just need to know what you want to ask.

About my life

What am I hoping this will help me do?

Where will I use it most?

How often will I use it?

About the product:

Is it comfortable for me?

Does it fit my body and my space?

Can I operate it?

How will I store or transport it?

What happens if my needs change?

About my options

Are there other solutions I should consider?

What are the trade-offs?

Can I try it before I decide?

What am I not thinking about?

8. YOUR BOTTOM LINE

Take a minute and finish these four statements.

The most important thing I want to keep doing is: _____

The biggest difference I hope support will make is: _____

The most important thing I need to feel comfortable with is: _____

The question I still need answered is: _____

A DIFFERENT WAY TO THINK ABOUT “THE RIGHT FIT”

The right support isn't necessarily:

the newest.

the most advanced.

the one with the most features.

or even the most expensive.

It is the support that makes sense for you.

It fits your needs.

It fits your routine.

It fits your environment.

It feels manageable.

And most importantly—

it helps you do more of what matters to you.

GOOD SUPPORT SHOULD GIVE YOU MORE LIFE.

Not more things to think about.

Not another complicated routine.

Not something that sits unused in the corner.

More comfort.

More confidence.

More freedom.

More participation.

More of the everyday life you want to keep living.

BRING YOUR QUESTIONS TO PHC

You don't have to know exactly what you need before you start a conversation.

Bring this guide with you.

Tell us what you're hoping to make easier.

We'll help you explore the options that may fit your needs, your routine and your life.

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