

# For someone who walks with assistance

## Weekday routine

Before Day Program

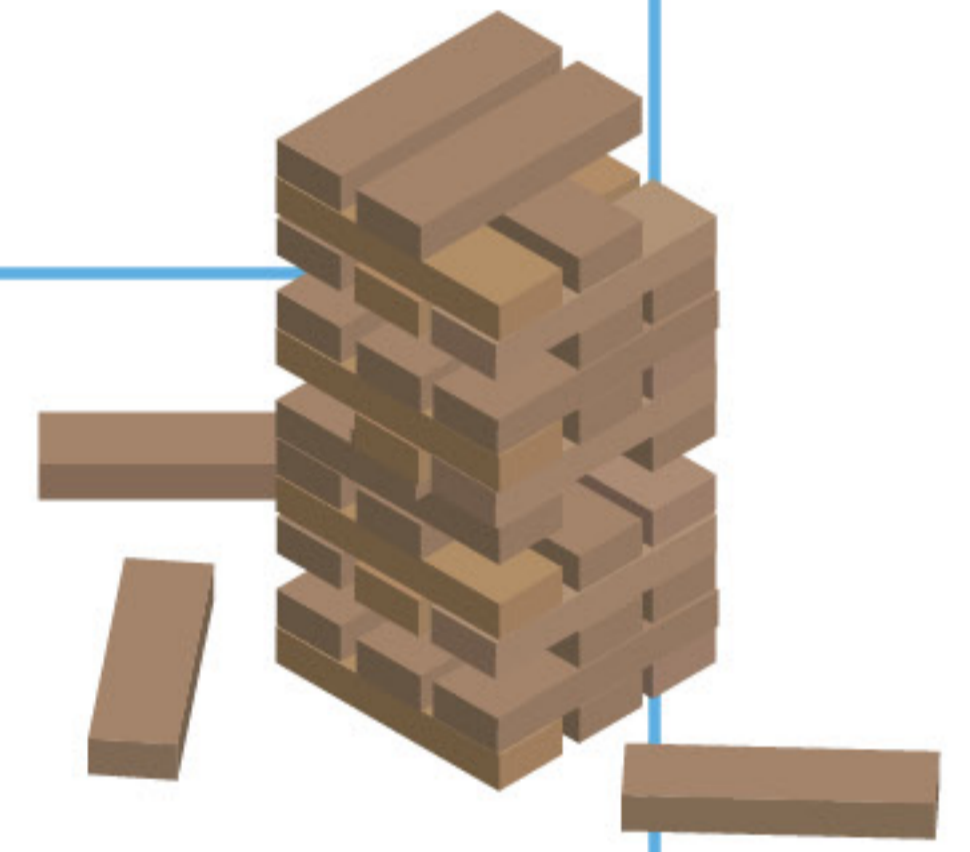


- Walking routine for care:
  - Walk to bathroom (e.g., 20 steps)
  - Walk to dining room for breakfast (20 steps)
  - Walk around living Room while waiting for bus (20 steps)
  - Walk to bus (20 metres)



During Day Program

- Multiple activity breaks:
  - Walk from bus to class
  - Stand at a table to do activities
  - 2 scheduled walks during the day
  - Assisted walk to bathroom 2 to 4x/day



After Day Program

- Walking routine for care and recreation:
  - Walk to bathroom
  - Walk in house to sit in living room for drinks/TV (15 steps)
  - Walk to chair for dinner (20 steps)
  - Walk to bathroom, then walk back to living room for TV, and cup of tea (20 steps)
  - Walk to bedroom, stand at bed while getting bed ready and getting clothes ready for tomorrow
  - Walk back to lounge room for massage
  - Walk back to bedroom for bed

