



# The Family Mobility Solutions Guide

A Practical Roadmap for Vehicle Access,  
Home Safety & Funding Support

Clear guidance for individuals, families, and caregivers navigating mobility decisions.

Prepared as a community mobility resource  
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## WELCOME & PURPOSE

### Mobility decisions often begin quietly.

Many families don't recognize these moments as "mobility decisions" at first — they just know something feels harder or less safe than it used to.

A fall.

A diagnosis.

Increasing fatigue.

Difficulty with transfers.

Concern about safety during daily routines.

For many families, these moments create uncertainty about what comes next — and how to make the right decision without rushing into something that may not fully address the problem.

This guide was created to help families step back, understand their options, and make informed mobility decisions with confidence.

The focus is not on selling equipment or promoting specific solutions. The focus is on safety, clarity, and long-term planning.

# WHY MOBILITY PLANNING FEELS OVERWHELMING

Mobility planning is overwhelming for most families because it sits at the intersection of health, safety, daily function, and long-term change.

Families often describe the same challenges:

- Not knowing where to start
- Conflicting advice from different sources
- Fear of making the wrong decision
- Pressure to act quickly
- Uncertainty about future mobility changes

## What This Guide Is Designed to Provide

This guide offers:

- Clear explanations in plain language
- A structured way to think through mobility needs
- A focus on safety for both individuals and caregivers
- Guidance that applies to vehicles and home safety
- Support without urgency or pressure

# UNDERSTANDING YOUR MOBILITY NEEDS

## Transfers & Fall Risk

Transfers are one of the most common points of injury — for both individuals and caregivers.

Consider:

- Are transfers done independently or with assistance?
- Does fatigue affect safety later in the day?
- Are transfers rushed or uncomfortable?
- Have there been near-falls or loss of balance?

If these questions feel familiar or uncomfortable, that's common — and often a sign that planning now can prevent injuries later.

Fall risk often develops gradually and may include:

- Reduced balance or confidence
- Difficulty standing for longer periods
- Increased use of furniture or walls for support
- Fear of falling during routine activities

Understanding transfer ability and fall risk early helps prevent injuries and supports safer planning.

# UNDERSTANDING YOUR MOBILITY NEEDS

## Home Access, Transportation & Future Planning

Mobility challenges are not limited to one activity. They affect how people move throughout the day, both inside and outside the home.

Consider:

- Are there steps, thresholds, or narrow doorways that feel unsafe?
- Does entering or exiting the home require extra effort or assistance?
- Is transportation becoming more difficult or physically demanding?
- Does fatigue increase safety concerns later in the day?

It is also important to think ahead.

Mobility needs often change gradually. Planning for the next two to five years can help families avoid rushed decisions, repeated modifications, or preventable injuries.

Early awareness supports safer, more adaptable solutions.

# VEHICLE ACCESSIBILITY OPTIONS

## Rear-Entry vs. Side-Entry Vehicles

Wheelchair accessible vehicles (WAVs) are designed to improve safety and access, but different designs support different needs.

### Rear-Entry Vehicles

- Wheelchair enters from the rear
- Often allow the user to remain seated in the wheelchair
- Typically easier for caregiver-assisted use
- Work well in tight parking spaces or apartments
- Commonly paired with manual ramps

### Side-Entry Vehicles

- Wheelchair enters from the side
- May allow front-passenger or driver positioning
- Offer more seating flexibility
- Often paired with power ramps and kneeling systems
- Require adequate space for side deployment

The best option depends on daily use, assistance level, and environment — not on features alone.

# VEHICLE ACCESS CONSIDERATIONS

## Ramps: Use & Common Mistakes

### **Manual Ramps**

- Simple and reliable
- Lower maintenance
- Require caregiver assistance

### **Power Ramps**

- Deploy automatically
- Reduce physical effort
- Require electrical systems and ongoing maintenance

### Common Planning Mistakes

- Choosing based on cost instead of safety
- Underestimating caregiver strain
- Ignoring future mobility changes
- Selecting features that add complexity without benefit
- Not considering parking or home access realities

Vehicle access should reduce risk — not introduce new challenges.

# HOME SAFETY & ACCESSIBILITY

## Reducing fall risk and daily strain

Homes are a common source of injury when mobility changes.

Many families don't think about home safety until after a fall or close call.

Key risk areas include:

- Bathrooms
- Entryways
- Stairs
- Poor lighting
- Slippery or uneven surfaces

Common safety improvements may include:

- Grab bars at transfer points
- Safer bathing options
- Improved lighting
- Threshold or entry ramps
- Clear walking paths

Small changes can significantly improve safety and confidence.

# AGING-IN-PLACE PLANNING

## Supporting long-term independence

Aging-in-place planning focuses on creating environments that remain usable as mobility needs evolve.

This approach emphasizes:

- Adaptable solutions
- Reduced need for repeated changes
- Safer daily routines
- Support for caregivers

Home safety and transportation planning often work best when considered together. Aligning both reduces fatigue, improves consistency, and supports independence over time.

## FUNDING & ASSISTANCE PROGRAMS

### Understanding what support may be available

Some families may qualify for assistance with mobility-related needs.

Possible sources include:

- Medicaid waiver programs
- Vocational rehabilitation
- Veteran assistance programs
- Grants or nonprofit support
- Financing or phased planning

Eligibility and availability vary widely. Funding is best explored after identifying safety needs and appropriate solutions.

# THE MOBILITY PLANNING ROADMAP

**A structured approach can reduce stress and improve outcomes**

1. Assess mobility needs
2. Identify safety risks
3. Review solution options
4. Explore funding pathways
5. Schedule a mobility planning consultation

Mobility planning is a process.

Thoughtful steps lead to safer, more sustainable decisions.

## REAL-WORLD EXAMPLES

### Vehicle Access Example

A family initially focused on advanced features but discovered that a simpler rear-entry option better supported caregiver assistance and reduced fall risk.

### Home Safety Example

Another family addressed bathroom safety first, reducing daily strain and preventing future injuries before making transportation changes.

In both cases, slowing down the process led to better outcomes.

## ABOUT THE MOBILITY PLANNING ROLE

A Certified Aging-in-Place Specialist (CAPS) and Mobility Solutions Specialist helps families understand how mobility challenges affect daily life.

This role focuses on:

- Safety and fall risk reduction
- Transfer ability and assistance needs
- Transportation access
- Home accessibility
- Long-term planning

The approach emphasizes clarity, safety, and informed decision-making — without pressure.

The goal of this role is to support thoughtful decisions — not to rush or overwhelm families during already difficult transitions.

## When You're Ready to Take the Next Step...

If you would like help applying this information to your situation, a free mobility planning conversation is available.

This conversation can help:

- Clarify safety concerns
- Review options
- Explore possible funding pathways
- Identify next steps — or confirm that waiting is appropriate

There is no obligation and no pressure.

For information or referral:

### **Chance Hunt, CAPS**

Certified Aging-in-Place Specialist  
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### **Hunt Access and Mobility**

Email: [huntaccessmobility@gmail.com](mailto:huntaccessmobility@gmail.com)

*by appointment or referral*

*Independent mobility guidance and  
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