

## **Resources for improving Wheelchair use (iWheel): Control group activities for WheelSeeU study**

The purpose of iWheel was to provide an attention control for participants in the control group of randomized controlled trial evaluating the effects of peer-led wheelchair on wheelchair mobility outcomes.

iWheel was an interactive six-week program aimed at providing wheelchair users with helpful resources to improve mobility. There were six, 1.5 hour sessions in total and participants are encouraged to attend the full program.

Sessions were activity-based and consisting of 40-45 minutes of guided discussion, 15 minutes of questions, and 30 minutes of informal discussion over some coffee and snacks. Each session began with a short warm up activity to orient everyone with the main topics being discussed and ended with some take away tips drawn from the discussion. Participants were encouraged to share as much as they felt comfortable with during their time together.

The goal of iWheel program was to provide participants with social interaction through activities and discussion and resources about wheelchair mobility, but to not provide them with any mobility training (e.g., instruction on how to perform, active control).

### **Program content over the six sessions covered the following topics:**

- Session 1:** Accessing the community using a wheelchair
- Session 2:** Using computers and the internet – common issues and overcoming obstacles
- Session 3:** Proper seating and maintenance of your wheelchair
- Session 4:** Common issues and resources for individuals using a manual wheelchair
- Session 5:** Common causes of pain and fatigue – coping and overcoming these feelings
- Session 6:** Overall health – physical activity and nutrition

If you have any further questions about iWheel, please contact Dr. Miller for more information.

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