



Are you interested in learning how to use your wheelchair more effectively?

YOU CAN PARTICIPATE IN THE TEAM WHEELS RESEARCH STUDY ON MANUAL WHEELCHAIR USE

If you use a manual wheel chair, this opportunity will be of interest to you!

For eligibility you must:

- Be 18 years of age or older
- Use a manual wheel chair
- Be able to propel your wheelchair with both arms
- Be able to understand training material in English
- Not be receiving wheelchair skills training elsewhere



Training to Enhance
Adaptation and
Management for
Wheelchair Users
TEAM Wheels

What does this study involve?

- You will receive a FREE 4-week training program. This includes 3 online visits with a peer trainer and a home training program provided on a computer tablet.
- The tablet software contains over 150 video-based training components including instruction, peer demonstration, and practice activities and games (no cost loan for 1 month).
- You will be asked to practice at home for 75-150 minutes per week.
- A research assistant will ask you to complete 2-3 online questionnaires, before and after the training program.
- Some participants will begin training immediately and some will wait a few weeks before receiving the training program.

All of the information collected from you will be kept confidential.

If you are interested in knowing more, please contact us:

Phone: (604) 734-1313 (Ext. 6292) Email: rehab.research@ubc.ca

