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## NEW MOBILITY

## Consumer Guide 2021-22





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Products courtesy of  
Wheeleez (beach wheelchair),  
Raz (shower chair), Permobil/TiLite  
(power and manual chair),  
Kenda and Schwalbe (tires).







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PRESIDENT & CEO: VINCENZO PISCOPO  
VP OF PUBLICATIONS: JEAN DOBBS

## EDITORIAL

PUBLISHER: JEAN DOBBS  
EXECUTIVE EDITOR: JOSIE BYZEK  
EDITOR: IAN RUDER  
ASSOCIATE EDITOR: SETH MCBRIDE  
SOCIAL MEDIA MANAGER: TEAL SHERER  
EDITOR EMERITUS: TIM GILMER  
SENIOR CORRESPONDENT: BOB VOGEL  
CORRESPONDENT: AARON BROVERMAN

## CUSTOMER SERVICE

Toll-free 800/404-2898, ext. 7203

## ADVERTISING SALES

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# BULLY PULPIT

By Ian Ruder

## THE LATE NIGHT CAMELBAK FLOP

Figuring out how to set up a CamelBak so I could get some water in the middle of the night provided one of the early “aha” moments after my injury.

The CamelBak’s long drinking tube is easy to wrangle with my quad hands, and if I make sure it’s lying on my bed in the right place before pulling the blankets up, I’m good to go. Even with limited sensation in my hands and arms, I’ve mastered locating the tube and bite valve in the dark.

I wake up thirsty almost every night, and 99 times out of 100, I simply reach across my body, use my thumb to hook the bite piece on my CamelBak, gulp down some water and go back to sleep.

But once every blue moon, I reach across my body, and I can’t feel the tube. Since I can’t sit up or roll over, my search is limited to a funky mixture of elbow and shoulder movement that only a quad can truly appreciate.

When I’m lucky, I find everything hidden under a sheet or beside the pillow. In that case, it’s usually just a matter of flopping around some more to move the blankets and position the tube where I can grab it. Otherwise, I’ll find the tube wrapped around the bedpost, dangling over the side of the bed — tantalizingly close, but with no way to be hooked easily. Over the years, I’ve developed a last-ditch technique to rescue the tube by carefully positioning my bony elbow under the small space where the tube abuts the post, angling my elbow up so it hooks under the tube and then slowly dragging it toward me.

If it works, I bring the tube far enough

toward me to pin it with the other side of my elbow and pull it the rest of the way. If it doesn’t, the agitation knocks the tube even farther off the bed. Game over, no water for me. Either way, there is a lot of flopping, chicken-like elbow work and way more cussing than I am proud to admit.

Whenever I’m in the middle of all this, there’s inevitably a moment where it strikes me how utterly ridiculous I must look flopping and cussing in the dark. With low stakes, high emotion and plenty of fail, it’s a viral sensation waiting to happen.

As ridiculous as it may be to watch, I’ll be damned if it’s not one of the most unexpectedly rewarding moments in my day. After anywhere from 30 seconds to 15 minutes of tediously battling the CamelBak, there is a surge of relief, joy and pride when I know I’ve corralled it and am about to quench my thirst.

It took time to appreciate and understand that feeling. When I first started using the CamelBak, it felt weird to get excited about something that had previously seemed so mundane. Today I get it. Those small victories are the essence of adapting to life after SCI.

For me, the CamelBak flop fills this need. For you it might be opening a tricky door or mastering a complicated voice app, but regardless of your disability there are plenty of obstacles offering similar rewards.

We put this issue together by tapping into the expertise of some of our peers to give you an awareness of products like the CamelBak that may be equally, or even more fulfilling for you. Happy holidays!



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# MOBILITY

The right equipment and accessories to customize your ride.

Kirk Williams is a photographer, filmmaker, athlete, travel junkie, entrepreneur and public speaker. In the 12 years since he sustained a C6-7 SCI, he has ventured all over North and South America in his custom-built Campervan. He is the founder of Impact Overland, a travel blog that is raising funds to help supply wheelchairs to those in need. Follow him and see his work on Instagram @kirkscamera and @impact.overland.





# EVERYTHING YOU DIDN'T KNOW YOU NEEDED TO KNOW ABOUT SELECTING THE RIGHT WHEELCHAIR TIRES

BY KIRK WILLIAMS

I am often asked why I use knobby tires on my wheelchair. Since most manual chair users roll on a skinnier tire, my knobbies stand out. It's a style thing, sure, but they're not just for style points. "I spend a lot of time off the pavement, and the knobbies are easier to use on that type of terrain," I usually answer.

Wheelchair users also sometimes ask where they can get a set, but that question requires a much more involved answer. Wheel size, chair geometry and rolling resistance are just a few things to consider when selecting tires, and the simple act of putting wider tires on your chair can have a big impact on its fit and performance.

My attempts to fully answer that question have become something bigger — a guide to everything you didn't know you needed to know about selecting the right wheelchair tires for your life. I hope that after reading this, you will be able to better understand the nuances of the various options for wheelchair tires and make an informed decision about which setup best suits your needs.

## THE MADDENING WORLD OF TIRE MEASUREMENTS

Let me start by saying that tire size is confusing. Until recently, there were no agreed-upon standards on how to measure a tire, so we were left with a mishmash of measurement systems from different

### SCHWALBE MARATHON PLUS

Intended for city streets, asphalt and sidewalks, this tire offers decent flat protection.

#### Pros:

- Low rolling resistance on hard surfaces
- Flat protection
- Lightweight
- Narrow chair

#### Cons:

- Sink into soft ground
- Slip in snow
- Harsh ride quality





# IMPERIAL VS. METRIC COMMON WHEEL SIZES

Common wheel size conversions are as follows:

22-inch = 501

24-inch = 540

25-inch = 559

26-inch = 590

countries. Here in the U.S., we follow the imperial system, which uses inches. What is flawed with this system is that it measures the outside diameter of a tire, and the outside diameter changes based on the width of the inflated tire. That's one of the reasons we've reached a nothing-makes-sense world where a 25-inch wheelchair rim fits a 26-inch mountain bike tire.

Fortunately, tire and wheel manufacturers across the world have finally gotten on the same page and use a two-number system that does a much better job of keeping your head from exploding. Both numbers are in millimeters and the first refers to the tire width — the bigger the number, the wider the tire. The second refers to the *inner* diameter of the tire. In this system, a 1-inch wide tire that fits a 25-inch wheelchair rim is designated a 23-559, while a 2-inch-wide tire that fits the same rim would be labeled a 54-559 (see sidebar for a list of conversions for common wheelchair sizes).

The good thing about this system is that you know the tire will fit as long as the second number matches your wheel size. But. That doesn't mean it's always a simple swap. Remember how I said different widths change the outer diameter of a tire? That's important for wheelchair seating.

## WIDE = TALL

Simply put, a wider tire is a taller tire. These days, most manual wheelchair frames are measured and built to fit narrow tires, so if you put a wider, mountain-bike-style tire on your chair, it will raise your rear seat height.

Take a look at the side-by-side photos below where I show the same 559-rim-size wheels with both a Schwalbe Marathon Plus (25-559) and a Kenda Small Block Eight (54-559). Do you see how much taller the Marathon is on the same size rim? If you look closely, you'll notice the center of gravity changes along with the angle that the

## KENDA NEVEGAL

Recommended for off-road conditions where traction is critical, including snow, mud and sand.

### Pros:

- Superior off-road traction
- Float over soft ground
- Rugged look

### Cons:

- Higher rolling resistance
- Heavy weight
- Knobs can catch on clothing
- Wide chair

Schwalbe Marathon Plus (25-559)



casters meet the ground. By putting on a wider tire, I have raised my seat almost an inch — a huge change when it comes to chair setup.

Many people opt for two sets of wheels: one setup for indoors and pavement, the other for off-road wheeling. That way, you can pop the off-road wheels on if you're going camping, on a hike or to your kid's soccer game, without having to deal with the width and rolling resistance of off-road tires when you don't need them (see sidebar, page 10, for more info).

It is common to use a size smaller rim with a knobby off-road tire to match the original-sized skinny tire/wheel diameter. Note that when you put on wider tires, you may have to space them farther out so they don't rub on your side guards or clothes. Similarly, you may need to make minor brake adjustments depending on the tire/wheel combo.

For example, if you're currently using a 559 (25-inch) wheel with a skinny tire and you want to switch to the Kobra, you need to buy a 540 (24-inch) wheel to put the Kobra on to keep the chair angles close to the same.

## FINDING THE RIGHT TIRE FOR YOU

Clearly, there are a lot of factors to consider when selecting tires and every decision comes with trade-offs, but taking the time to consider your tire width, weight and rolling resistance can have a huge impact on your ability to navigate your environment.

Check out these four common wheelchair tires — all of which I have used — and the many other this comparison will help you decide which best for you and your lifestyle.

Kenda Small Block Eight (54-559)



## KENDA SMALL BLOCK EIGHT

Recommended for on- and off-road use where you want off road capabilities without sacrificing a lightweight feel.

### Pros

- Low rolling-resistance for a knobby
- Light weight for a wide tire
- Black sidewalls

### Cons

- Mark floor and hands with black
- Only available in select sizes
- Not thorn resistant
- Wide



## KENDA KOBRA

Recommended for a mix of street and off-road pushing, including gravel, grass and dirt.

### Pros

- Low rolling resistance for a wide tire
- Fast on road and still functional off-road
- High-pressure

### Cons:

- Heavier weight
- Gray color and colored sidewalls
- Wide chair







As you can see in this side-by-side comparison, going from 1-inch to a 2.1-inch tire on the same size rim greatly increases the diameter of the wheel.

# RIM-TIRE SIZE HACK FOR SUMMER/WINTER STREET/OFF-ROAD

My activities tend to waver from urban wheeling to off-road, and living in California I frequently go from the temperate foothills to the snowy Sierra mountains. In my quest for maximum efficiency, I strive to always have the right tires on my chair.

I use 1-inch high-pressure for urban wheeling and 2.1-inch knobby tires for off-road or snowy conditions. The problem is, I use the same rim for both, and the diameter of a 2.1-inch knobby tire is significantly larger than a 1-inch tire. This means one set of tires or the other causes the back of my chair to be too high or too low, which throws off both seating position and the front caster angle.

However, there is a hack to work around this.

A 2.1-inch knobby tire mounted on a 24-inch 540 rim has a nearly identical diameter to a 1-inch tire mounted on a 25-inch 559 rim. Hence, I set my chair up for my 25-inch 559 rims and keep my 24-inch rims with knobby tires in the back seat of my car for easy switching to match the conditions of the day.

This same hack should work on a 25-inch 559 rim and 2.1-inch mountain bike tire matching up with a 26-inch 590 rim and 1-inch tire. I'm currently using 2.4-inch knobby tires I got at a local bike shop, and they work fine.

The one size I'm not sure this hack works on is 24-inch 540 rims with a 1-inch tire as I haven't had a chance to compare it with the diameter of a 2.1-inch mountain bike tire on the next smaller rim, 22-inch 501. If any readers have, please let me know at [info@newmobility.com](mailto:info@newmobility.com).

— BOB VOGEL



## SMARTDRIVE

Available from Permobil  
800/736-0925 or [permobil.com/en-us](http://permobil.com/en-us)

SmartDrive power assist enables wheelchair users like you to do more. It saves your energy for the activities that enhance your day and can decrease your pushes by almost 80%! SmartDrive now has 50% more power, your choice of controls and handles, and can climb up to a 17% slope.



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Available from Power Access Corporation  
800/344-0088 or [power-access.com](http://power-access.com)

Specifically designed for residential use, the Model 2300 automatic door opener is the perfect solution for any door that is difficult to navigate in a wheelchair. Use of a remote activates the system to automatically open and close the door, securing it afterwards for added safety. The unit easily retrofits to most existing doors and allows for manual operation.





## ETHOS

Available from Ki Mobility  
715/254-0991 or [kimobility.com](http://kimobility.com)

Ethos is an adjustable, ultra-lightweight dual-frame rigid wheelchair. Ethos delivers unrivaled ride quality and performance that is unlike anything you have experienced. The dual frame design protects the rider from vibrations, resulting in a ride so smooth cracks and bumps disappear in the wake of every push.



## THE HERCULES PATIENT REPOSITIONER

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**HERCULES™**  
PATIENT REPOSITIONER



## APEX A

Available from Motion Composites  
866/650-6555 or [motioncomposites.com/en\\_us/products/rigid-wheelchairs/apex-a](http://motioncomposites.com/en_us/products/rigid-wheelchairs/apex-a)

**NOTHING LESS THAN GREATER MOBILITY.** The bold design and innovative approach behind the APEX Aluminum have redefined perceptions of rigid wheelchairs. The triple-butt aluminum and strategic touch of carbon fiber strike a perfect balance making this chair an example of modernity and lightness.



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The CH7000 is a multipurpose workout machine with a centralized weight stack. This allows the machine to be space efficient, without compromising stability. Dozens of exercises can be performed using the hi/mid/lo independent pulleys. Fully adjustable to any user. Stations include chest press/military press, dual-function, lat pull, seated row, and much more.



## SOFTECH CUSHION

Available from Aquila Corporation  
608/782-0031 or [aquilacorp.com](http://aquilacorp.com)

SofTech is a custom fabricated pressure sore healing/prevention cushion which automatically changes pressure points while offloading as needed under sores. SofTech has all system components inside the cushion and includes a wireless remote control.



## EVOFLEX® HIP BELT

Available from Bodypoint, Inc.  
206/405-4555 or [bodypoint.com](http://bodypoint.com)

The unique EvoFlex® belt features stiffened end straps that pivot out of the way when you want and stay where you put them, preventing straps from twisting or falling and making transfers easy. Increase stability and function with this convenient, sleek and comfortable belt. Choose from four different buckle styles.



## H-STYLE HARNESS

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Get strong but cost-effective shoulder positioning with the recently-updated Bodypoint Essentials H-Style Shoulder Harness. Maintaining good upper body posture can lead to better function, help correct or prevent spinal deformity, and improve comfort and safety. Our new design has a clean appearance, improved ergonomic shape and increased adjustability.





# MOBILITY

The right equipment and accessories to customize your ride.

NEW MOBILITY contributing editor Bob Vogel has written some of the magazine's most popular columns, including Bladder Matters and Para/Medic. With 36 years of life experience as a T10 paraplegic and over three decades in and around the complex mobility industry, Vogel has seen and done it all, including working as a manufacturer's sales rep for home care, manual and power-chairs, and doing demos on new models at major trade shows for a DME dealer.







# 2020-2021 POWER CHAIR ROUNDUP

BY BOB VOGEL

**M**any new and upgraded power chairs have hit the market in the past year and a half. Between built-in lighting, improved suspension and electronics, more color options and increased battery performance, there are plenty of exciting trends that promise everything from a smoother, more precise ride to better traction and tighter turning. Here is a look at power chair models, features and upgrades introduced in the past 18 months.

All these chairs come standard with LED lighting and color options unless otherwise noted. Also, pricing fluctuates, so check the manufacturer's website for up-to-date pricing.



## 2021 PERMOBIL M SERIES (M3 CORPUS AND M5 CORPUS)

Permobil's mid-wheel-drive line, launched in 2017, got a makeover in 2021 with some cool upgraded features and aesthetics. Leading the way are the new Permobil batteries and VoltPro charger that work together to reduce charging time and increase driving distance per charge by up to 25%. Translation: the M5 Corpus now has a range of up to 20 miles with a top speed of 7.5mph.

The M Series added more positioning options with up to 180 degrees of power recline and 50 degrees of tilt for efficient weight shifts and the relaxing stretch of reclining. The M3 seat elevator provides a 12-inch boost, while the heftier M5 elevator tops out at 14 inches. ActiveReach boosts your access with 20 degrees of integrated forward tilt. FlexLink and FlexLink Pro suspension provide stability, a smoother ride and better traction at any seat elevation height, seating position or driving speed.

M3 Base Corpus \$8,132  
M5 Base Corpus \$13,282

## INVACARE AVIVA STORM RX

The newer sibling to Invacare's front wheel AVIVA FX, the rear-wheel RX is the latest entry in Invacare's long-running Storm series. Launched in August 2021, the RX has the power and smooth drive that come with rear-wheel drive and a short wheelbase and narrow width to compensate for RWD's increased turning radius.

A center mount footrest allows your legs and feet to be tucked underneath your knees, allowing you to get closer to people and objects and turn in tighter areas. An onboard computer tells the motors to adapt to changes in terrain and motor changes that can occur over time, keeping the chair tracking straight and true no matter how fast you are going. The top speed of 5.8 mph is upgradable to 7.5 mph with a high-performance package. A new patent-pending SureGrip suspension system aids the cause, delivering a smooth, quiet ride.

\$7,995



## THE QUICKIE Q300 M MINI

A mere 20.5 inches wide, The Quickie Q300 M Mini is the narrowest mid-wheel drive power-base power chair for adults on the market. For comparison, my active lightweight chair with a 14-inch-wide seat is 21.5 inches wide at the push rims. Additionally, the mid-wheel drive base is only 33 inches long, enabling the chair to achieve a super tight turning radius of 17 inches for getting around in the tightest of spaces.

The Q300 M Mini has all-wheel suspension and enough torque to climb a 3-inch curb. The C-Me seat elevator allows you to raise up to 12 inches while driving up to 3 mph. Utilizing Quickie's custom-designed motors, the chair can go 10% further on the same battery capacity, enabling a top speed of 6 mph and a range of 17 miles.

\$7,468



## QUANTUM BACKUP CAMERA

A cool new accessory from Quantum is its wheelchair backup camera, which is currently only available on the Q-Logic 3 control system.

The camera, mounted to the base of a headrest post, gives a 170-degree rearview via a screen attached to the front of the armrest. It has infrared capability for use at night. I can see where this would be a helpful tool to prevent backing up over pets, infants and toddlers, or an object that could break or pose a danger.

\$350

LCD DISPLAY





## QUANTUM REHAB 4FRONT 2

Quantum improved its 4Front front-wheel drive chair by adding Smart Traction Control to enhance drive quality at higher speeds. This new traction system adjusts for obstacles and bumps, changes in grade or hardwood to carpet transitions. STC is combined with automotive-grade Smooth Ride Suspension to provide a consistent driving performance. The chair's top speed is 6.25 mph, and it can drive up to 3.5 mph with the optional 10-inch seat elevator maxed out. Other additions include caster arms redesigned for improved durability and aesthetics and 4-pole motors.

**\$7,895 with contoured seating**



# CHOOSING THE RIGHT POWER CHAIR

Whether you are picking your first power chair or a replacement for one that has run its course, it can be daunting to decide on the right blend of comfort, function and style. For a primer on selecting the right power chair, I turned to Dr. Dan Caliendo, 80, who is in his 29th year as a T10 complete para. He became a full-time power chair user 12 years ago when his "worn-out shoulders" told him it

## QUANTUM REHAB EDGE 3 STRETTO

Designed for children, teenagers and small adults who weigh up to 126 pounds, the Edge 3 Stretto has the narrowest, most maneuverable power base in the nation at a mere 20.47 inches wide with 12.5-inch drive wheels. If you choose the larger, 14-inch drive wheels, the chair widens to 21.75 inches.

**\$7,895**



Dr. Dan Caliendo

was time to move to power. He started rolling in an Invacare FDX and moved to a Permobil F5 after six years. He recently completed a search for his third power chair. Here's how he did it.

### Making a List and Checking It Twice

"I started by making a list of must 'must haves' followed by 'preferences,'" says Caliendo. While these differ from



person to person, for Caliendo, tilt and recline were musts, followed closely by a seat elevator. He needs the tilt and recline for pressure relief and comfort, and he relies on the elevator to make transfers and shopping easier. Also on the list is the ability to cruise through the gravel driveway and varied terrain on his farm, the ability to mount Ride Design custom seating for his crooked body and pelvis and compatibility with his EZ Loc for driving.

"As far as my preference list, it was short," says Caliendo. "I wanted the tightest turning radius possible." Other people may prioritize top speed and maximum distance on a charge or the narrowest possible base to fit through more bathroom doors or whatever best serves their needs.

### Search Manufacturer Websites for Information

Next, Caliendo searched each major powerchair company's website and jotted down the specifics and options that he wanted. He studied the main information about specific models of chairs and then gleaned additional details from the order form on the manufacturer sites that included one. He entered all the information he collected into an Excel spreadsheet for easy visualization and comparison and proceeded to hone his search down to five chairs: three mid-wheel-drive models and two front-wheel-drive models.

### Do Demos on Your Terms

Caliendo's next step was coordinating demos of the chairs he wanted to try. Although he got his chair through the VA, it took phone calls from a local DME dealer and several manufacturer sales reps to arrange demos, which he insisted take place at his house. "I learned the hard way, on my first power chair, that it is important to demo the chair in and around your home (if possible) as it

is a lot different than the smooth floors and wide doorways of a rehab hospital," says Caliendo.

Although he was excited about the prospect of the tighter turning radius on the mid-wheel drive chairs, all three models he demoed got stuck in his gravel driveway. Hence he whittled his list to the two front-wheel-drive chairs:

the Quantum 4 Front and Invacare Aviva FX. He arranged a home demo for the Aviva FX through his Invacare rep but couldn't find a Quantum to try out near his Andover, Kansas, home. Luckily, he liked the Aviva FX. "It performed well on all surfaces and met all the checks on my 'must have' list, so I ordered it," he says.

## Split Decisions?

Sleep better together.



Large selection of headboard and foot board styles in wood, metal and upholstery.

This image shows the Hi-Low adjustable base without the mattress. Several mattress choices are available.



Articulation elevates knee section up to 40 degrees. The head section elevates up to 70 degrees.

Padded side assist rails are an option for help getting in and out of bed.



The Hi-Low feature allows a 8" adjustment of the mattress height.

Each bed side has an individual remote to control articulation and mattress height.

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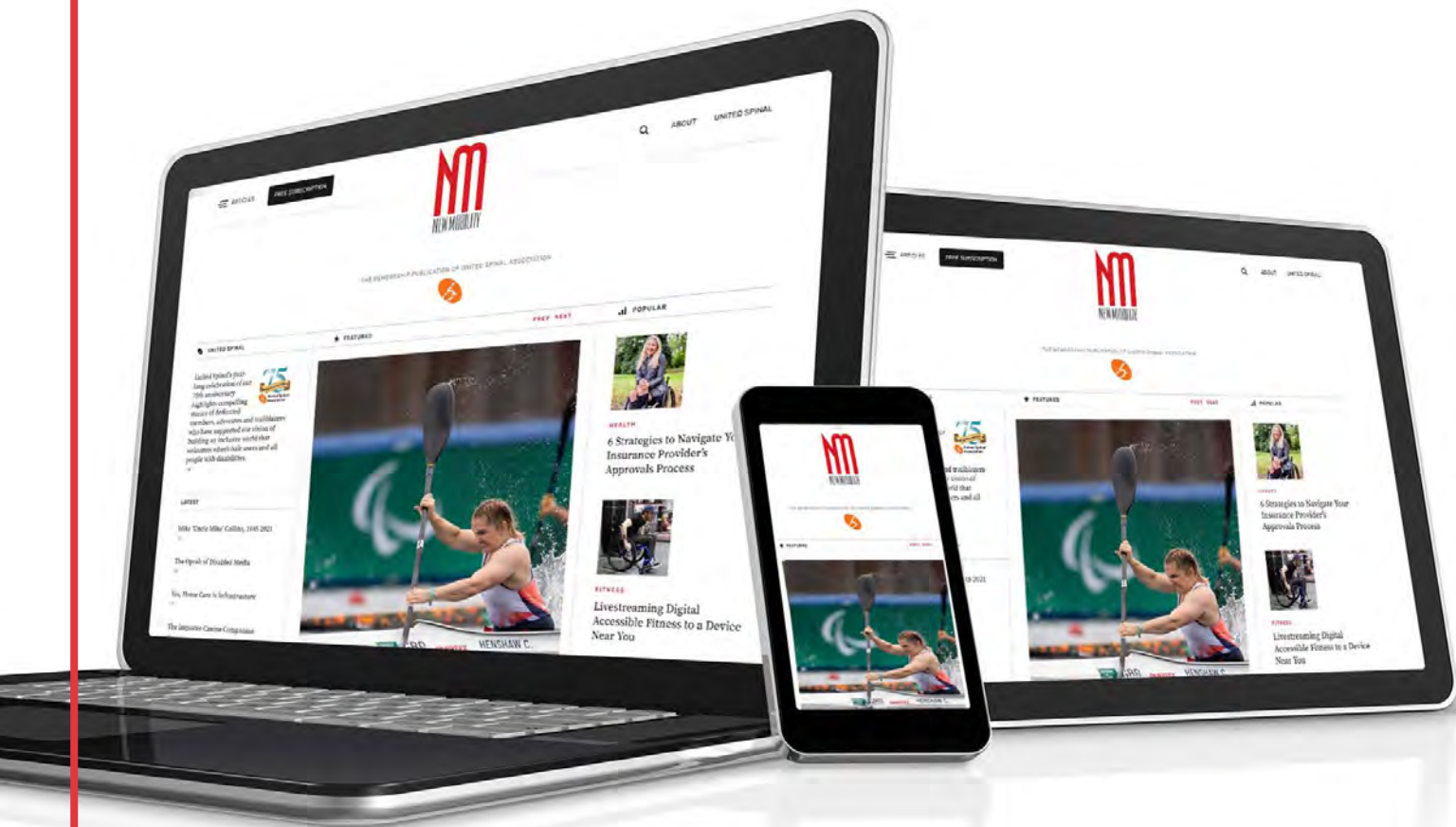


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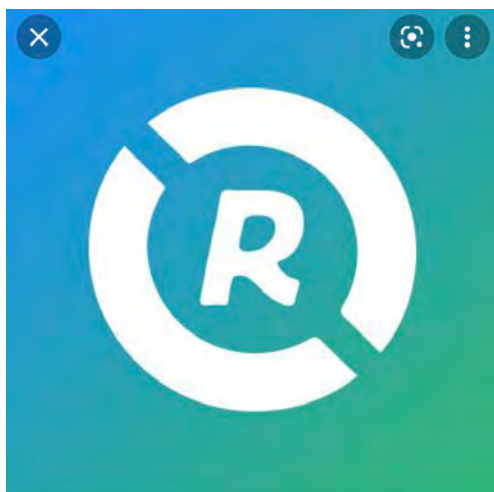
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# TOOLS & TECHNOLOGY

The tools you need to work and play hard.

A C5-6 quad who lives in Michigan, Mike Franz has a degree in political science and a paralegal certification from Oakland University. He is a free-lance writer, spinal cord injury advocate, member of United Spinal's Tech Access Group and dedicated fan of the Detroit Lions, Tigers, Pistons and Red Wings. He likes to travel, play video games, read, gamble on sports and play with his three dogs in his free time.





# ADAPTIVE FOOTWEAR

BY MIKE FRANZ

For people with disabilities, the decision to buy a pair of shoes can involve factors more complicated than looks and size. Is the shoe easy to put on? Does it put pressure on areas that could cause skin problems? Will the shoe fit with a brace or on a prosthetic?

Fortunately, in recent years mainstream shoe manufacturers have realized there is a huge market of people with disabilities who want stylish, easy-to-wear shoes. With manufacturers like Ugg and Nike investing in adaptive products, more companies will follow suit, and the adaptive footwear innovations will benefit us all. Gone are the days of contorting our feet to fit into the hottest new shoe or settling for our grandparents' clunky orthopedic shoes.

I was able to check out some adaptive shoes from several manufacturers that are working to meet the fashion and accessibility needs of NEW MOBILITY's readers.

## CROCS

Crocs has designed a version of its popular clog with Velcro straps attached to the traditional strap that secures the heel in place. This eliminates the need to bend and maneuver the foot and ankle to put the clog on. Crocs are a great option for going to the beach or the pool, or just to wear around the house.



\$54.95 from [zappos.com](https://www.zappos.com) or [crocs.com](https://www.crocs.com)

## ADIDAS

Some shoes like the Adidas Lite Racer Adapt have no obvious adaptive modifications but work quite well regardless. I was skeptical about trying the Lite Racer Adapt, as it looks slim and difficult to put on. However, I was surprised to find that it stretches easily and the heel folds, making it simple to slide in my foot. It has elastic laces that do not need to be tied, and the shoe remains secure around the foot. The Adidas Adapt line of shoes is available in men's and women's sizes.

Starting at \$59.95 on [adidas.com](https://www.adidas.com)





## PROPET

Propét offers shoes for men and women, with adaptations such as Velcro straps, zippers, and stretchable material to make them easier to put on. I tried the Kade model, a casual shoe with a Velcro strap and elastic tongue, as well as the Viator Strap shoe, which is a soft, flexible athletic shoe with a Velcro strap and elastic tongue. Both shoes were easy to put on and attractive.



Viator and Kade: starting at \$50 on [zappos.com](https://www.zappos.com) or [propetusa.com](https://www.propetusa.com)



## BILLY FOOTWEAR

Billy Footwear is a universally designed shoe line by Seattle-based quadriplegic Billy Price. Billy Footwear shoes feature a zipper that wraps along the side of the shoe and around the toe, allowing the user to completely open the shoe and place their foot inside. Once the foot is inside, the shoe can be zipped up easily and securely.

I like Billy Footwear shoes because my toes curl due to muscle tone, and it is nearly impossible to keep them straight while putting on a shoe. Having a shoe that opens completely makes it easier to keep my toes straight while putting on the shoe and reduces pressure points that could cause skin breakdown.

Billy Footwear shoes are available for men, women, children and toddlers, and come in a variety of styles, including athletic shoes, casual shoes and rain boots. Billy Footwear shoes are available from [billyfootwear.com](https://www.billyfootwear.com), online retailers such as Amazon and Zappos, and shoe boutiques internationally.

Ranging from \$45 to \$100 on [billyfootwear.com](https://www.billyfootwear.com)





UGG

Ugg partnered with Zappos Adaptive to design the Ugg Universal line of shoes, available exclusively on the Zappos Adaptive website (see sidebar). Ugg and Zappos worked with focus groups of people with disabilities to find ways to make their shoes accessible to as many customers as possible. The result was the Ugg Neumel Dual Zip and the Ugg Classic Short Dual Zip.

The shoes are among Ugg's most popular models. Both the Neumel and Classic Short feature zippers down the sides allowing the shoe to open wide for easier entry. The Neumel also has an elastic lacing system that eliminates the need for shoe tying. Both shoes have Ugg's wool blend lining on the inside, which I have found helps to reduce pressure points on the feet. The Neumel Dual Zip is available in women's, kid's and men's sizes.

Neumel Dual Zip: starting at \$130 on [zappos.com](https://www.zappos.com)

# ZAPPOS ADAPTIVE: ONE STOP SHOPPING

If you're unsure what adaptive shoes might work for you or just want to browse, you'd be hard-pressed to find a better starting spot than Zappos Adaptive. The online retailer Zappos launched its Adaptive line in April 2017 to showcase adaptive footwear options and make shoe buying easier for people with complex needs. Its Single and Different Shoe Size Program was at the heart of the effort, which allowed consumers to buy a single shoe or build a pair using different sizes from leading brands. The Adaptive line has grown to include exciting options from Ugg, Crocs, Tommy Hilfiger and more. In addition to shoes, the site offers adaptive clothing, accessories and medical wear. [zappos.com/e/adaptive](https://www.zappos.com/e/adaptive)







## NIKE

In 2015, Nike introduced the adaptive Flyease line, which includes some of Nike's most popular shoe models modified with adaptations for people with disabilities.

Depending on the model, a Flyease shoe might incorporate a zipper, a Velcro strap, elastic bands or a collapsible heel.

Early in 2021, Nike debuted its first hands-free shoe, the Go Flyease. The Go Flyease's heel folds back when the shoe is removed. The shoe remains open, allowing the wearer to slide their foot into the shoe and lock it into the heel using pressure through their foot. Although many with spinal cord injuries may not be able to use the Go Flyease hands-free, the design still makes it easier to insert the foot and eliminates the need for tying laces. Nike Flyease shoes come in several models for men, women, children, and toddlers.

Go Flyease: \$35-\$200  
on [nike.com](https://www.nike.com)



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# Abilities EXPO



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# GLOVES YOU CAN ROLL WITH

BY SETH MCBRIDE

The first gloves I purchased as a wheelchair user were a pair of half-finger bicycle gloves. You know the type — padded leather palms and a crocheted back. I got them because I didn't know anything about anything and when I saw photos of wheelchair users wearing gloves, that's what they wore. But man were they terrible for me. The soft, synthetic leather palms didn't give me any extra grip, so I struggled to push just as much as when my hands were bare. The stubby half fingers flipped inside out every time I took them off. Plus, they made me look like 1980s Greg LeMond, which is cool for a Halloween costume but not as awesome in most other situations.

It wasn't until I started playing wheelchair rugby that I realized how much gloves with good grip could help my pushing efficiency. In rugby, most people use rubber gardening gloves to play because they're cheap and they give great grip for pushing and for catching and throwing the ball. When I got around to trying them in my everyday chair, I was amazed at how much easier it was to push. Suddenly I wasn't having to expend a bunch of energy clenching into my pushrims to generate enough friction to push — instead I could just push.

Since then, I've tried out many different types of gloves, some great, some terrible. I tend to stay away from gloves made specifically for wheelchair users as I've found options made for the general public to be more functional and stylish and (sometimes) less expensive — though a recent test of wheelchair-specific gloves from European manufacturer Reha Designs does give me some hope.

Which glove works best varies on what I'm doing, so I tend to have a variety of styles lying around the house. Here are a few of my favorites.

## SHOWA ATLAS WORK GLOVES

Of the gardener-style gloves, these are my favorite. Showa rubber-palmed gloves are super grippy and they are much more durable than offerings from other manufacturers. The biggest drawback to this style of gloves is that they don't have any mechanism to tighten around your wrist, so they start to work right off your hand if you're braking hard on a downhill. To get around this, I flip my hands over and use the pocket in between my thumb and index finger for braking. It works and the gloves stay on, but it takes some getting used to.

I used two models of Atlas gloves: the Re-Grip 330 for the warmer months and the 451 insulated gloves for the winter. I like the Re-Grip because they have a double-dipped thumb pocket and come in black, which doesn't scream, "Hey, look at my sweet garden gloves!" quite as much as Showa's standard, bright blue gloves. The 451s will keep your fingers warm down into the high 30s, while still providing good grip. Fit is super important with both, as getting them too large can make them feel sloppy on your hand when you're pushing. I wear an XL in most other glove styles, but a medium in these. They do blow through after a couple of weeks, but if I buy a 12-pack of each, I have gloves to keep me rolling all year.



Starting at \$4 each or \$40 for a 12-pack from [amazon.com](https://www.amazon.com) and other online retailers

## NIKE VAPOR JET RECEIVER GLOVES

Football receiver gloves are as grippy as gloves get, and the Vapor Jets are the grippiest I've tried. They have a Velcro strap that secures them well around the wrist, which helps with braking, and they're stiffer than garden gloves, which makes it possible to get a slightly larger size for easy on/off without sacrificing pushing performance. Nike's coating holds its tackiness better than other brands I've tried like Adidas, Under Armour or Cutters. That said, receiver gloves from other brands still work well enough, so if you can find a deal on them, don't be afraid to jump on it. The biggest downside is the price, so it's worth combing eBay, other discount sites or your local sporting goods store's clearance rack.

The all-black Vapor Jets are sleek and certainly more stylish than a pair of work gloves, so even if you don't use them all the time, it's worth having a pair for date night or any other occasion when you're going to be out pushing and need to look your best.

**\$45 on [Dickssportinggoods.com](https://www.dickssportinggoods.com) and other online retailers**



## REHA DESIGNS GLOVES

Reha Designs offers several gloves styles, from fingerless palm protectors for quads who struggle to jam their hands into a typical glove, to full-finger leather gloves with a reinforced rubber palm. I tested out the Ultra-Grrrip Half-Finger gloves, the Strap N Roll gloves and the Gator Grip Gloves.

The Ultra-Grrrips worked best for me, as I don't need an easy on/off and I found them more secure on my hands than Reha's palm-style gloves. That said, both the Strap N Roll and the Gator Grip gloves were well-made and a good option for those who need the easy access of a palm-style glove.

Over three days, I pushed around 18 miles through New York City using the Ultra-Grrrips, up and down hills, over broken sidewalks and weaving around pedestrians. The gloves gave good grip on my pushrims and the rubber on the palms — which extended out the thumb, a nice touch — was thick enough that it cushioned my palms. At the end of the trip, my hands didn't feel as beat up as they would've if I'd used either the garden- or receiver-style gloves. And despite my straight-outta-rehab prejudices, I found the half-fingers to be quite useful, as I could stop to send a text or check Google maps on my phone without having to pull a glove off every time.

The biggest benefit to these gloves is that they performed way better than expected in the rain, especially during braking. My other glove options become useless when my pushrims are soaked, but the Ultra-Grrrips managed to provide me with some stopping power, even when navigating a steep downhill in a downpour.

They're all-black and made of quality leather that starts stiff but breaks in nicely. Fit is important, so make sure to measure your hands and check the sizing guide on their website before you order.

**Available for around \$45 from [rehadesigns.com](https://www.rehadesigns.com) (depending on current exchange rates)**







## PEARL IZUMI AMFIB LOBSTER GLOVE

When warmth is the priority, I turn to Pearl Izumi's lobster-style glove. I use these for everything from handcycling during the winter to pushing when the thermometer dips below freezing. They're made to be cycling gloves, so they aren't nearly as bulky as traditional winter gloves, but they still keep my hands plenty toasty. The leather palm gives some grip when it's dry out — though in the snow I usually end up pushing on my tires anyway, so grip isn't as important — and they're made of water-resistant fabrics, so you have some protection when things start to get slushy. New versions of the AmFib are even touch-screen compatible. As with the Nikes, the biggest downside is cost, but mine have lasted me six winters now and are still holding up.

Available for \$85 from  
[pearlizumi.com](http://pearlizumi.com).



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# VIRTUAL REALITY OFFERS MORE THAN GAMES

BY SYLVIA LONGMIRE

If someone told me a few months ago that I would regularly use a virtual reality headset in my office while sitting in my power wheelchair, I would have told them they were crazy.

It's not that I'm afraid of technology — quite the opposite. I just never thought I needed virtual reality, or VR as it's commonly known. However, a few months ago, I was on a social app called Clubhouse when I had the unexpected opportunity to chat with someone involved in developing one of these headsets. He explained that a friend of his has an elderly grandmother living in Germany. Using virtual reality, he was able to keep in touch with her regularly — specifically, to go on virtual walks with her through the village where she grew up in Switzerland.

This hit me like a lightning bolt. My two sons currently live in Germany with their military father for most of the year, and COVID-19 keeps us separated for very long stretches of time. I never imagined something I could simply put on my head would allow the three of us to visit virtually, play games and travel to faraway places in a virtual space. I or-



The author gets lost in a virtual world from the comfort of her office.

dered three headsets on the spot.

I had a lot of questions for this developer. Would I be able to use a VR headset sitting down? How much could I enjoy relying mainly on one hand, since my right hand is very weak due to multiple sclerosis? How easy would it be to find family-friendly apps that the three of us could play together? Would my disability interfere at all with my enjoyment of virtual reality? After using

my headset for several months with my children, I can confidently report that VR is something many wheelchair users and people with disabilities can benefit from and enjoy.

## APPS AND GAMES

Getting started with VR is simple. A VR system generally consists of a headset and two handheld controllers. I use Facebook's Oculus Quest 2, although there are other types as well (see sidebar). During the headset setup, you're able to designate an unobstructed space where you can move and play as a "safe area." For wheelchair users, this is a circle on the floor and a cylinder in the space above it. The headset tells you if you are coming close to the boundary, so you don't accidentally bump into anything.

Then you are ready to dive into the VR space itself. It works very much like a computer menu system or mobile app store. However, the choices of games to

Watching a movie with a VR headset can be a surprisingly immersive experience.



## OCULUS QUEST 2

\$299 at  
[occulus.com](https://www.occulus.com)

With a comfortable headset and built-in speakers, the Quest 2 headset offers a truly immersive experience at the reasonable starting price of \$299. The two controllers have straps and ergonomic designs that should help anyone with limited hand function, even if pressing the buttons is problematic. You can connect the Quest 2 to your computer for more gaming options, but you don't have to. It's easy to download games and apps untethered. The lack of extra wires is a bonus, as is the unencumbered setup. Just be aware, you do have to use a Facebook account.



# SELECTING THE RIGHT VR SYSTEM FOR YOU

If you're interested in delving into the crazy world of virtual reality, it's important to find out if any of these systems will work for you and, if so, which one will work best. I chose the Oculus Quest 2 because I knew it would work for my body and the use of my power chair. Here is more on what three of the leading systems offer and what to keep in mind while selecting.

## SONY PLAYSTATION VR

PlayStation system \$150-\$500  
VR system \$349 at  
[playstation.com/en-us/vr](https://playstation.com/en-us/vr)

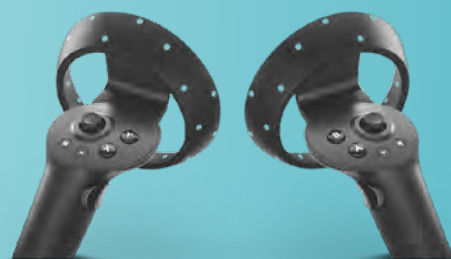
With a large selection of well-produced games, including some exclusives, PlayStation VR is ideal for gamers. In addition to the VR setup, you'll need a PlayStation 4 or 5. While the backward compatibility is nice, it comes with the cost of lower resolution. Keep in mind that Sony is currently working on a next-generation VR setup.



## HP REVERB G2

Running on Microsoft Windows, the Reverb G2 delivers arguably the best image quality of the consumer VR systems and a comfortable headset. Still, it falls short of its competition in many other areas. The buttons on the motion controllers are small and hard to differentiate between, not to mention they are notorious for not tracking as well as other systems' offerings.

\$599 at  
[hp.com](https://www.hp.com)







Avatar-based chat makes it easy to have complex interactions in a virtual space.

play and experiences to try can be overwhelming. The great thing is that VR systems come with a mobile app where you can look through the app options on your phone, read reviews and find out if you can play while sitting down or with other people.

Part of the fun is just deciding what games or apps you want to purchase. Thankfully several apps are free to use, and many others have free demo versions you can try before you buy them. Apps range in price from \$9.99 to roughly \$39.99, depending on the complexity.

A couple of the popular free apps are Bigscreen and AltspaceVR. Bigscreen lets you play games or watch movies in an immersive virtual reality theater, although you do have to pay to rent the movies. AltspaceVR lets you join social spaces where you can interact with other users or create a private room where you can meet up with friends. But probably the most popular app for the Oculus is called Beat Saber. From a static seated position you use two light sabers to slice huge floating blocks in half to the beat of some amazing music. It's great exercise, a ton of fun, and

you can do it one-handed as well.

Finding games that I can play with my boys has been interesting because I need to make sure that I can play sitting down and that it's easy for me to do with mostly one hand. We have a ton of fun playing Walkabout Mini Golf, and I play a lot of my adult friends as well. They have several virtual courses in different environments and chatting with your friends between putts is a blast. The boys and I also enjoy Real VR Fishing, a sandwich-making game called Cook-Out, and traveling virtually with Wander, which uses Google Earth images from all over the world in 360° panorama view.

# PROS/CONS OF VR FOR DISABLED PEOPLE

## Pros

- An immersive experience that allows you to leave home virtually.
- Very easy to connect with and play games with friends and strangers.
- Most apps have an option to play while seated.
- Access to non-app-based experiences designed for VR, like YouTube and museum and travel content.

## Cons

- Untethered battery life can be limited, and it's extremely difficult to use VR systems in a chair while connected for charging.
- Options for apps may be very limited depending on your ability to use your hands and arms.
- Extended use can induce headaches or motion sickness.
- Headset use maybe problematic for people with sensory issues.



Apps like Wander let you virtually explore the world.



## REAL CONNECTIONS

While all of the technical and logistical details are important to know, what I have personally found to be the biggest benefit to virtual reality as a wheelchair user — especially during a pandemic — is the ability to help keep people connected. Living with a disability and as a wheelchair user can be an incredibly isolating experience. Couple that with quarantine and the difficulty of leaving home for fear of contracting COVID-19, and loneliness and depression can set in. Technology is often derided as something that separates us from humanity because it removes that interaction. But virtual reality is helping to change this.

Because of the pandemic, I went almost 10 months without seeing my two children. The longest we were separated before that was only a few weeks. Even though you're only seeing the other person's avatar, or self-styled digital image in virtual reality, just hearing their voices and being able to hug them virtually is incredibly emotional. I can give my sons high-fives and hear their voices just like they're sitting right next to me in my living room.

Over the summer, I connected online with the dozens of fellow voice actors through the Clubhouse app on my iPhone. Several of us started using the Oculus a few months ago, and we have gotten together regularly in VR to play miniature golf or just hang out in a virtual space to chat and catch up. A few weeks ago, during a trip to New York City for the Abilities Expo, I met with two of those friends in person for the first time. As I type this, I'm in Houston, where I met yet another fellow voice actor and VR friend in person yesterday for the first time.

I'm not a psychologist or a mental health expert by any stretch of the imagination. But as someone who has struggled with not feeling comfortable leaving the house for so many months because of an autoimmune disorder and not being able to travel for my work as an accessible travel writer, vir-

tual reality has been a total lifeline. Just thinking about what it has done for my ability to stay connected to my two children brings tears to my eyes.

While I hope this information helps you decide whether virtual reality is right for you, I highly encourage you to do as much research as possible on the specifics of each VR system. It can be a sizable financial investment depending

on your budget. A lot of people are using VR headsets these days, so reach out to your friends through social media and ask what they think about it. Make sure you find out the return policies for each system, so if you find you can't use it with your particular wheelchair or disability, you can return it for a full refund. And if it all works out, keep an eye out for me in AltSpaceVR. NM

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800/795-2392 or diestco.com

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## FREEDOM FLOW™

Available from DYNALLOY, Inc.  
714/436-1206 or freedom-flow.com

Improved Independence. The Freedom Flow™ is a wireless leg bag emptier designed for additional independence during your private moments. The Freedom Flow™ is mobile, discreet, lightweight, rechargeable, wireless and silent. You can learn more about this easy to use product at [www.freedom-flow.com](http://www.freedom-flow.com).



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[cattonguegrips.com](http://cattonguegrips.com)

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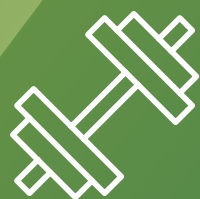


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# FITNESS and SPORTS

Get fit and healthy and live the life you want.

Kary Wright is the author of *NEW MOBILITY's* Outdoor Tracks column. Wright, a C5-6 quadriplegic for 35 years, lives in Canada and is married with two children. He grew up in the city but developed a deep love for the outdoors through camping and fishing with family on the weekends. Whether 3D printing, tinkering with friends or simply brainstorming new ideas, he is always looking for new ways to work around access obstacles and enjoy the outdoors.





# OUTDOOR TRACKS GEAR GUIDE

BY KARY WRIGHT

Since my accident, I've focused on making my favorite outdoor adventures accessible for as many people as possible. I've been fortunate over the years that with help from my family and friends (lots!), I have been able to return to many of my favorite activities. I've been able to drive vehicles, including an ATV, camp, fish, fly sailplanes and drones, shoot, hunt and more. The outdoors are open to us folks living with disabilities, but enjoying them often takes a great support network and the resources to figure out obstacles.

One of the first things that I wanted to get back to after leaving the hospital was fishing. At first, I even got set up with my old fly rod taped to my arm in the backyard. I cast on the lawn for hours. I was elated that it was working and that trout fishing was going to be possible once again. For a quadriplegic who wants to go fishing, the main obstacles are holding a fishing rod, casting and reeling in, and getting to a fishing spot. One day my wife came across a fishing cuff online and ordered one. This solved the problem of holding the fishing rod.

I soon realized that line control was a major issue for me while fly-fishing. How could I stop the line from spooling out while casting? How could I reel back in, especially with a fish on the line? I posed the problem to a pre-accident fly-fishing buddy. He thought for a minute, then remembered a spring-loaded fly reel he picked up at a sportsman's show many years ago. He immediately offered it to me. Now I had a way to reel in. I have enjoyed fly-fishing as a quadriplegic for about 30 years now and hope to have many more fishing adventures to write about in the future.

Another sport I was anxious to figure out after my accident was shooting rifles. I had hunted with my dad since about age 12 and enjoyed many hours outdoors with him. After my accident, we made our own gun rest, and it worked pretty well, but we wanted a more stable option. My shooting got better and better with practice but never got as good as pre-accident, which always bothered me. I was also limited in the direction I could shoot, which forced

## STRONG ARM ROD HOLDER (FISHING CUFF)

The Strong Arm Rod Holder straps to your arm, and the rod slides into a tube-shaped pouch to securely hold it. I know it's designed for fishing, but I've used mine to hold a unit that grabs an aircraft joystick for flying gliders and an ATV steering-wheel attachment. I'm sure you'll find many uses for one of these.

\$44 at [accesstr.com/strong-arm-rod-holder](https://www.accesstr.com/strong-arm-rod-holder)







## PFLUEGER 1195 SPRING-LOADED FLY REEL

As line is pulled out of a Pflueger 1195 Spring-loaded Fly Reel, a spring winds up. Then when you hit the trigger, it reels back in. When fighting a fish, I raise the rod slowly to pull it closer, pull the trigger and drop the rod tip down quickly to take up slack. Using this pump-and-drop technique, I've landed some rainbow trout nearing 10 lbs.



\$35 at  
[purefishing.com](http://purefishing.com)

## PLATYPUS BIG ZIP EVO HYDRATION PACK

The Platypus Big Zip EVO holds 3 liters, plenty of water for a day outdoors. With a quad-friendly tube and bite valve, the Platypus makes it easy to keep myself hydrated while on the go. My power chair makes lugging the large size easy, but a smaller pack may be better for manual wheelers.



\$36 at  
[platy.com](http://platy.com)

## CALDWELL DEADSHOT TREEPOD GUN REST

When I ran across the Caldwell Deadshot Treepod online, I knew it was exactly what I was looking for. After it arrived, we looked at the parts and decided to mount it to a piece of plywood that we then sandwiched between my seat cushion and wheel-chair. My weight holds it firmly in place. There are also several purpose-built gun rests on the market that fit wheel-chairs.



\$159.99 at  
[caldwellshooting.com](http://caldwellshooting.com)



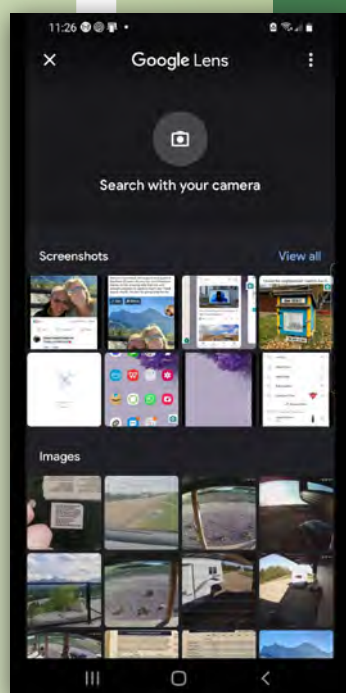
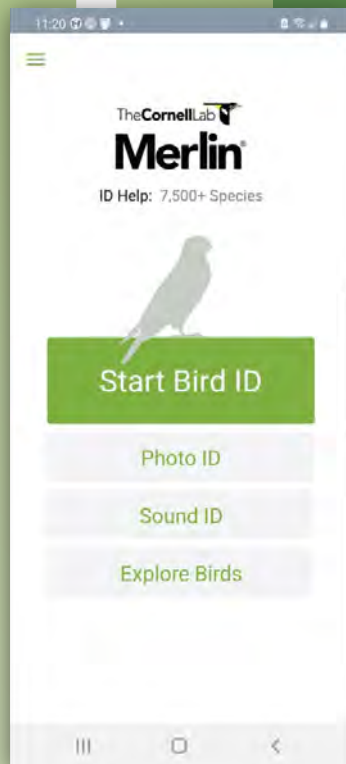
me to make noisy chair movements that scared game away. We finally found an affordable product, and it changed everything.

The more time I spent outside after my injury, the clearer it became that having the right tools to protect my body was just as important as having the right equipment for hunting, fishing or whatever I was doing. Like many with spinal cord injuries, my body temperature fluctuates wildly. It is very easy to get chilled on a cold day and just as easy to overheat on a hot one. In the winter, a soft (therefore quiet) camo jacket and a hand warmer are musts, just like a sun hat is in the heat of summer. Whether it's hot or not, I drink a lot of water to help keep bladder issues at bay.

Even with the right gear, sometimes bad weather can rob the outdoors of much of their appeal and access. When this is the case, I've found game cameras can provide a welcome alternative to rolling in the mud or unbearable heat. I first set cameras up to find the big deer, but now it has become an activity on its own and a wonderful stand-alone hobby. I love getting up in the morning and checking my phone to see my new pictures — every day is like Christmas!

While trail cams can set you back a little, enjoying the outdoors doesn't have to hurt your pocket-book. I've spent many memorable hours identifying and calling birds with my phone. Simply sit near any forested area and listen. You can use a phone app to identify birds by sound and offer calls to bring them closer. The same goes for identifying plants. I've enjoyed learning how many "weeds" are edible and taste good. With the right apps, you will be an expert in no time.

Here are some of the items I've used or come across that can help you master the outdoors.



# PHONE APPS TO ACCESS NATURE

## Merlin

Bird watching and calling are relatively new to me. I downloaded Merlin, a free birding app for North America. It will record bird sounds or let you take a picture of a bird, identify the bird, then get playable examples of that bird's songs.

Often you can call the bird up close with the app. I recently called in a bunch of Chickadees that landed nearby. Using a juvenile bird's sound, I got one of them to come right up to me with a caterpillar. It sat about a foot from my face, ready to feed me.

## Google Lens

This free app will identify plants, dog breeds and other animals, street signs in different languages and more.

*Both apps are available in Android and Apple app stores.*



# CLOTHING TO HELP REGULATE THE ELEMENTS

## Carhartt Big Mossy Oak Camo Active Jacket

A heavy coat with a hood works best for me in the cold. I'm not fussy about brands, but I look for soft and quiet fabric, not loud like nylon. In the wild, animals can quickly locate you if your clothing makes noise. \$79 at [amazon.com](https://www.amazon.com).

## HeatMax HotHands Heated Handwarmer

I like to bring along a hand warmer on cool days. I simply slide my hands in to warm them up. I prefer this to mitts or gloves, as they are inconvenient to put back on after taking them off if I want to move my chair, adjust a camera or take a shot. \$24 at [basspro.com](https://www.basspro.com).

## Tilley Endurables LTM6 AIRFLO Sun Hat

Tilley's wide-brimmed hat keeps the sun off me and can be soaked in water to keep me cool on hot days. \$90 at [basspro.com](https://www.basspro.com).



## GOPRO CHESTY CAMERA MOUNT

The right mount can make it easy and fun to record video of your favorite trail in summer and enjoy them in winter. Figuring out which mount works best for you is the key. I like to use an action camera chest mount and head or hat mount. Chesty allows for smooth video while wheeling.

\$39  
at [gopro.com](https://www.gopro.com)



## GOPRO

I use a GoPro Hero 8 [newer models now available] to record soaring, driving ATVs, mowing, wheeling trails and even underwater fishing — all in high-definition. They are tough, waterproof and have good battery life and automatic image stabilization for smooth video. Voice and app control allows me to take photos, start and stop video recording, and turn it on or off despite my limited hand function.

Prices Vary





## LAMMCOU FLEXIBLE CAMERA MOUNT

A universal mount that you can attach nearly anywhere. It can hold on to armrests, wheelchair handles, etc. I have used these for stand-alone tripods and even clamped one onto the seat of a sailplane to take video. It is durable, inexpensive and strong.

\$19.99  
at amazon.com



Game cameras can provide a fun hobby even if you're not a hunter.



## SPYPOINT TRAIL CAMERA

Spypoint trail cameras eliminate the need to wheel to your camera and disturb the area to check and replace SIM cards. You can take a picture, send it to your phone and instantly see the picture on your phone. They are surprisingly inexpensive to run and free to operate if you only transfer 100 pictures per month.

\$99-299  
at spypoint.com







## AQUA CREEK PRODUCTS

Available from Aqua Creek Products  
888/687-3552 or [aquacreekproducts.com](http://aquacreekproducts.com)

The Protone is a high-quality fitness machine designed to provide the ultimate workout for wheelchair users. With 16 different exercises to improve strength and overall health, you're only limited by your imagination. Ideal for rehabs, hospitals, gyms and more — the Protone offers commercial quality at a home gym price!



## ACTIVITY BASED TRAINING PROGRAM

Available from CORE - Center Of Recovery & Exercise, 407/951-8936 or [coreflorida.com](http://coreflorida.com)

Goal Getters. Life Changers. Going beyond traditional therapy, Activity-Based Training at CORE promotes neuro-recovery potential, optimizes independence and encourages lifelong health for all ages and through all stages. Reinvigorate your recovery program with a customized intensive program visit and experience the CORE difference! Offering land, aqua, and outdoor training options.



## DIGITAL CROSSHAIRS 1000A

Available from Digital FOV, LLC  
404/590-6513 or [digitalcrosshairs.com](http://digitalcrosshairs.com)

This adaptive rifle scope clip-on displays any scope's crosshairs on a 4.3-inch display. Assisted blind hunters, visually impaired and limited mobility hunters are able to target a rifle or crossbow more independently. The display can be rail mounted, handheld, gooseneck mounted as shown below, or custom mounted.



## UNIVERSAL ELASTIC STRAP

Available from Bodypoint, Inc.  
206/405-4555 or [bodypoint.com](http://bodypoint.com)

The perfect solution for temporary positioning. Strong, stretchable neoprene wraps around your chest, abdomen, lap or legs — great for sports, recreation, or whenever you need short-term postural support. Soft to the touch with secure, durable hook-and-loop closure and easy-grasp end tab with thumb hole. Three sizes.



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- Provide local assistance through our 50+ chapters and 190+ peer support groups
- Improve access to VA/social security benefits, affordable healthcare, vital mobility equipment, employment, and accessible housing/transportation
- Offer one-on-one guidance and resources on a wide range of disability-related issues
- Advance social equality and disability rights
- Empower people to become effective self-advocates
- Facilitate new opportunities to lead active, independent lives
- Raise public awareness on issues that impact the disability community

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# HEALTH

Products and practices to support your health and hygiene.

Emily Rose Yates is an accessibility consultant, journalist and pink hair enthusiast living in Glasgow, Scotland. Yates' main passions are travel and people. She was the first wheelchair user to cross the Sinai Desert and wrote the Lonely Planet Accessible Rio de Janeiro guide ahead of the 2016 Games. Yates also managed Enhance the U.K.'s Undressing Disability campaign for several years, championing the right for disabled people to have access to sexual expression.





# ADAPTIVE TOOLS TO ENHANCE YOUR SEX LIFE

BY EMILY ROSE YATES

A recent Booking.com scroll for wedding accommodations resulted in a gasp and a giggle: I'd stumbled across the hotel I lost my virginity in.

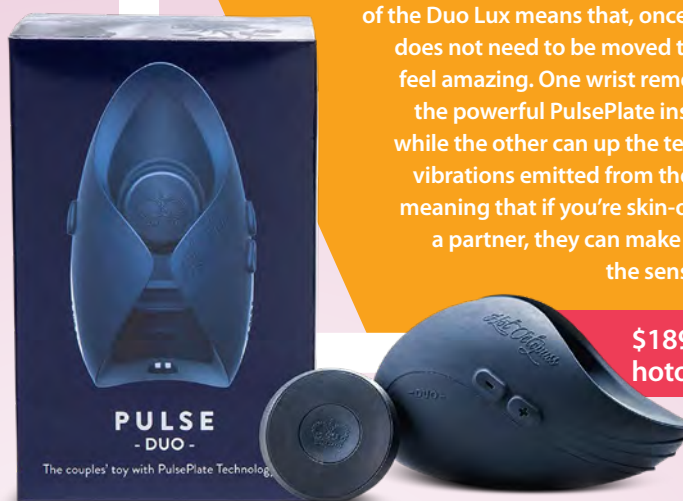
While my experience in that hotel had been predictably anti-climactic, the process that led to it felt monumental. I'm extremely confident in many ways, but I was terrified of having sex for the first time. Would it hurt? Would certain positions be impossible at worst and an embarrassing game of disabled Twister at best? And how many awkward conversations would I need to have to manage expectations and avoid any post-shag shame?

All this inner chatter led to plenty of self-deprecation but, unsurprisingly, absolutely no sex. It wasn't until I was about to wave goodbye to my teenage years that I knew it would happen soon with my then-boyfriend.

With not a spot of inclusive sex education to refer back to or any disabled peers to gossip with about their personal escapades,

## HOT OCTOPUSS PULSE DUO LUX

Are you looking for a waterproof "guybrator" toy that can be used and enjoyed with or without an erection and provide hands-free play on your own or as a couple? Look no further than the Hot Octopuss Pulse Duo Lux. No penetration is necessary, and your remote control can be worn on your wrist, like a discreet but very powerful watch. Unlike a stroker, the pulse technology of the Duo Lux means that, once on, the toy does not need to be moved to make you feel amazing. One wrist remote controls the powerful PulsePlate inside the toy, while the other can up the tempo on the vibrations emitted from the toy's base, meaning that if you're skin-on-skin with a partner, they can make the most of the sensations, too.



\$189 at  
[hotoctopuss.com](http://hotoctopuss.com)

## LIBERATOR WEDGE AND RAMP COMBO

Not all great sex aids have to involve penetration, and Liberator proves just that. Luxurious rather than clinical, Liberator has created soft shapes and sex furniture to aid positioning, stamina and comfort in or out of the bedroom. And best of all? These things look good in your home, so there's no need to find sneaky storage space.

I particularly like the Wedge and Ramp Combo, as the two shapes can be positioned together or apart to create differing platforms and relieve pressure on joints and lower back. The Combo is also available in a plus-size format — great if you need a little more room to shimmy into position.



Starting at \$219  
on [amazon.com](http://amazon.com)



## KEON BY KIIROO

In a long-distance relationship? Or want to make porn feel a bit more real? The KEON is an interactive male masturbator that can connect to adult content, virtual reality programs or a partner's device, so you feel what you see in real-time. Control the speed and length of each stroke with tactile buttons, and simply hold the curved KEON in place. Lighting informs you about connection modes, speed and battery life, meaning there's no need to keep adjusting the toy to be in control. The KEON can provide six to 230 strokes a minute at varying lengths, giving plenty of opportunities to explore all options.

\$229 at  
[kiiroo.com/products/keon](http://kiiroo.com/products/keon)



I had to prepare for the inevitable in my own way. So, one Sunday afternoon — instead of our usual nail painting or chick flick — my sister, auntie and I practiced a list of positions in the guest bedroom and rated them on potential pain levels and the amount of flexibility required.

**“I made an unspoken promise with myself to prioritize pleasure.”**

We laughed until we cried about how ridiculous we looked, and everything just felt a little less hopeless. After all that effort, naturally, my first time ended up as a quick bit of missionary in a tired, budget hotel. But at least I was prepared!

## AXIS ELECTRASTIM

Perhaps the wild card of this guide, the Axis Electrastim is an (almost scarily) powerful electro-stimulator that can be used and manipulated with just a flick of the wrist, a wave of the hand, or a voice command. It even responds to music to create unique electro patterns and sensations. While it's a pricy toy aimed mainly at the bondage market, this “Electro Sex” toy, as they're sometimes called, can also help those with spinal injuries to stimulate sensations in certain areas and find new and different paths to arousal by focusing on other parts of the body. A variety of attachments are available with the Electrastim, including cock rings and butt plugs.

\$449 at  
[us.electrastim.com](http://us.electrastim.com)





# QUEST SEEKS TO COMBINE PLEASURE, ACCESS

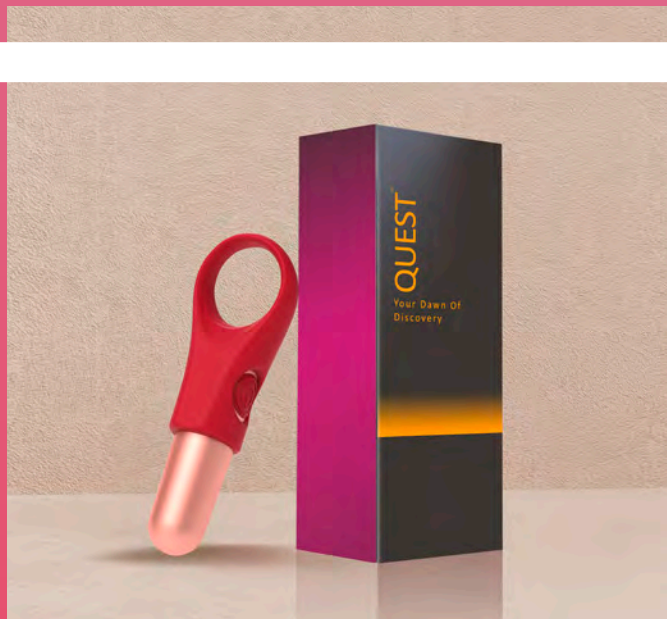
Quest is a brand spanning new line of inclusive sex toys and the lovechild of Enhance the U.K. and Rocks Off, the U.K.'s leading sex toy manufacturer and designer. With two new products releasing globally in spring 2022, there's a lot to look forward to for disabled people wanting to add a little extra to their sex lives. Check [enhancetheuk.org](http://enhancetheuk.org) for updates and pricing.

## Quest Remote Control Bullet Style Vibrator

Bullet-style vibrators, while discreet, aren't always the easiest toys to hold on to and enjoy to their full potential, especially if you have limited dexterity or are using lube. The Quest bullet vibrator aims to make "getting you there" a little less hassle with a functionally designed silicone finger aid, which attaches to the bullet to provide further stability. Ten powerful vibration and pulsation settings and a remote-control unit with extra-large button sizes promise pleasure at every level, whether you're home alone or being teased by a partner from a distance. And when you need to recharge, long gone are fiddly charging pins — simply connect the magnetic charging lead with a tap.

## Quest Remote Control Flexible Vibrator

At 12 inches (with an additional connecting piece that increases the length by another 4 inches), Quest's flexible vibrator is extra-long, meaning its placement and setting change is a breeze, even if your reach and dexterity are limited. The vibrator can be inserted or used externally, and it fully articulates, so it can be bent into shapes that suit you and your body. As with the bullet vibrator, there are 10 settings of pleasure to explore and extra-large buttons that are easy to manipulate, whatever position you're in. Magnetic charging is standard with Quest products, as is the accessible and sustainable packaging of all products.



We'll have more info on the innovative collaboration behind the Quest line on [newmobility.com](http://newmobility.com) this February.





From that moment on, I made an unspoken promise with myself to prioritize pleasure, whether that be a night of fun with someone else or enjoying a candlelit dinner for one. I'd be lying if I said my own internalized ableism hasn't got in the way a few too many times, but I'm learning to be patient and trust the process.

Working for the disability awareness charity Enhance the U.K. has had a fundamental role in developing my disability pride and sexual confidence. The charity delivers training courses and undertakes accessibility audits all over the U.K. and further afield. It is also home to the Undressing Disability Campaign that supports disabled people in having safe and fulfilling romantic lives.

Disabled women are three times as likely as their non-disabled peers to be sexually abused, and sex education

in schools is far from inclusive, so there's plenty of action still to be taken. Working with Enhance the U.K. gave me my "people purpose," but it also made a miraculous adjustment to how I felt about myself. I'm now surrounded by other disabled women. They are strong, brilliant and

beautiful, and my teenage self would be so proud that I found them and am no longer lying in bed at night, worrying about how I might navigate sex and relationships as a wheelchair user.

A huge additional perk to working on the Undressing Disability Campaign was being introduced to the weird and undoubtedly wonderful world of sex toys. I've had the (literal) pleasure of trying a good number out over the years. Here are some of my adaptive, inclusive favorites, along with a few others I'm looking forward to enjoying once released.

NT

**"I'm now surrounded by other disabled women. They are strong, brilliant and beautiful."**

## THINK CREATIVELY

It's not just sex toys that can positively aid our sex lives; if you're a disabled person with a fair bit of mobility equipment at home, there are many ways to use it to your kinky advantage! How about using a bed rail that would usually support a transfer as the perfect attachment point for a pair of handcuffs? Or turning your hoist into a sex swing? Kelly Gordon, creative director at Hot Octopuss, has found that doing so has enabled her to see her mobility aids, and her disability in general, in a less clinical, much more liberating light:

"Using a hoist during sex can be so liberating (as long as you ensure you're safely strapped in and secured first!) I used to see my hoist as something that only amplified my disability, and the thought of using it as anything more than a necessary aid just wasn't something I was comfortable with (thanks, internalized ableism). It was only when my partner told me how hot I looked using the hoist one day that we decided to go for it. And, since then, we haven't turned back.

"The best position I find using the hoist as a vulva owner is 'standing' sex, where my partner will stand, and I will straddle him using the hoist as extra support. And using it for elevated oral sex takes face-sitting to a whole new level. I'm safer, plus there's much less pressure on holding my body up and much more headspace to fully enjoy what's going on."





## ASSURED COMFORT HI-LOW ADJUSTABLE BEDS

Available from Assured Comfort Beds, Inc.  
866/852-2337 or [AssuredComfortBed.com](http://AssuredComfortBed.com)

Assured Comfort® Hi-Lo Adjustable Beds promote wellness. Choose from three models in twin, full, queen, and split-king sizes featuring quiet, remote-control operation. Electric Hi-Lo foundations adjust mattress heights. Assured Comfort® foundations can typically retrofit an existing bed frame or choose from our line of headboards and footboards. Made in Virginia.



## EASYSTAND

Available from EasyStand  
800/342-8968 or [www.easystand.com](http://www.easystand.com)

EasyStand has designed and developed some of the most recognized products in the complex rehab industry, including the Bantam, Evolv, Glider and StrapStand. The standing frames and equipment have helped to improve the quality of life for kids and adults using wheelchairs worldwide.



## CURE DEXTRA™ CLOSED SYSTEM

Available from Cure Medical  
800/570-1778 or [curemedical-dextra.com](http://curemedical-dextra.com)

Cure Dextra® Closed System features include a Tip Advancing Technology with Gripper Arrow and a Support Band to provide controlled, ease of use even for individuals with limited dexterity. Polished eyelets on a pre-lubricated tip offer comfort. For peace of mind, it is not made with DEHP/DINP, BPA, or NR-Latex.



Tip Advancing Technology  
with Gripper Arrow

Support Band



## GO-ANYWHERE CHAIRS

Available from GO! Mobility Solutions  
800/359-4021 or [GoesAnywhere.com](http://GoesAnywhere.com)

These unique products enable people with physical disabilities and their families to travel wherever they'd like to go, whenever they want to go. Completely portable, these commode/shower chairs pack-away quickly and easily in their wheeled travel bags. Convenient and lightweight GO-Anywhere Chairs are safe, durable, easy-to-use, comfortable and maintenance-free. We ship worldwide and customer service is second to none!







## INFYNA CHIC™ HYDROPHILIC CATHETER

Available from Hollister Incorporated  
888/808-7456 or [hollister.com/infynachic](http://hollister.com/infynachic)

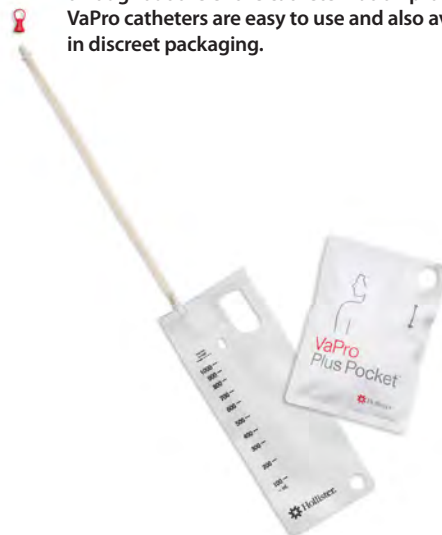
Modern, Feminine, Discreet. Infyna Chic intermittent catheters offer a unique combination of color, design, and small size to help blend in with your life. They were designed with input from clinicians to help provide a high level of discretion and are both beautiful and easy to use.



## VAPRO™ NO TOUCH INTERMITTENT CATHETER

Available from Hollister Incorporated  
888/808-7456 or [hollister.com/vapro](http://hollister.com/vapro)

With 100% No Touch Protection, whatever you touch won't touch VaPro catheters. VaPro catheters are designed to help protect users from germs throughout the entire catheterization process. VaPro catheters are easy to use and also available in discreet packaging.



## ONLI™ HYDROPHILIC CATHETER

Available from Hollister Incorporated  
888/808-7456 or [hollister.com/onli](http://hollister.com/onli)

Onli hydrophilic intermittent catheters are easy to use. No need to apply lubricant — prehydrated and ready to use right out of the package. The catheter provides a balance of flexibility and rigidity for ease of insertion. Funnel length and sliding gripper (on 16-inch catheter) help provide better control.



## INTIMATERIDER ROMANCE SET

Available from IntimateRider  
877/991-2389 or [intimateRider.com](http://intimateRider.com)

The IntimateRider is unlike any other sex chair on the market. Designed specifically for people with spinal cord injuries and other mobility-limiting disabilities, the IntimateRider helps increase your sexual mobility for an improved sexual experience.





## MIAMI PROJECT RESEARCH STUDIES

Available from The Miami Project to Cure Paralysis  
305/243-7108 or [themiamiproject.org](http://themiamiproject.org)

The Miami Project to Cure Paralysis is dedicated to finding effective treatments and improving the quality of life of individuals with spinal cord injuries. To be considered for current and future research studies, please visit our website to fill out a digital intake form or call our offices and request a copy of the form by mail.



## FERTICARE

Available from ORION MEDICAL GROUP, INC.  
714/649-9284 or [medicalvibrator.com](http://medicalvibrator.com)

Most powerful medical vibrator to help men with spinal cord injury to achieve ejaculation. This device is for external use only. The pad area is placed to the dorsum (top) or frenulum (bottom) of the glans penis.  
• Made in USA • Treats men/women • VA approved • Inexpensive alternative to fertility clinics • Helps with incontinence thru kegel exercise • Ferticare 2.0.



## THE WOUND HEALING INSTITUTE

Available from PAM Specialty Hospital of Denver  
303/264-6800 or [postacutemedical.com](http://postacutemedical.com)

The Wound Healing Institute at PAM Specialty Hospital of Denver is a nationally recognized wound care program with a 90% success rate. We focus on healing stage 3-4 wounds that have been resistant to traditional therapies — such as the Wound Vac and Hyperbaric Oxygen Therapy.



**PAM SPECIALTY  
HOSPITAL OF  
DENVER**  
A Post Acute Medical Hospital



## ENEMEEZ® MINI ENEMAS

Available from Enemeez  
800/650-0113 or [enemeez.com](http://enemeez.com)

Enemeez® mini enemas have been a preferred and trusted formula to improve individual bowel care needs for 15-plus years. They are fast and predictable with a non-irritating formula and no afterburn. They may assist with incontinence and help to maintain healthy skin integrity. Learn more and request a sample: [www.enemeez.com](http://www.enemeez.com).







## SHEPHERD CENTER

Available from Shepherd Center  
404/352-2020 or [shepherd.org](http://shepherd.org)

Shepherd Center, located in Atlanta, Georgia, is a private, not-for-profit hospital specializing in medical treatment, research and rehabilitation for people with spinal cord injury, brain injury, stroke, multiple sclerosis, spinal and chronic pain, and other neuromuscular conditions.



## RÜSCH® MMG H2O®

Available from Teleflex  
800/334-4475 or [teleflex.link/MMG](http://teleflex.link/MMG)

Rüsch® MMG H2O® Hydrophilic Intermittent Catheter Closed System. Teleflex offers a choice of closed intermittent catheters: the Rüsch® MMG H2O® hydrophilic or the Rüsch® MMG™ gel-based catheter. Both feature a soft silicone introducer for comfort and a catheter integrated into a collection bag for touchless catheterization.



## PROFLOW UTI DEFENSE

Available from Ubee Nutrition  
833/316-4075 or [UbeeNutrition.com](http://UbeeNutrition.com)

ProFlow UTI Defense is a proprietary blend of all natural ingredients intended for bladder health maintenance at the first sign of oncoming UTI or cystitis.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



## LOFRIC® ORIGO™

Available from Wellspect HealthCare  
877/456-3742 or [wellspect.us](http://wellspect.us)

This ready-to-use catheter developed for men, LoFric® Origo™, enables user-friendly intermittent catheterization. It's discreetly packaged, foldable to pocket size, and easy to carry and use. It includes an adjustable Insertion Grip for better hygiene and control. Urotonic™ Surface Technology ensures safe and smooth catheterization and minimizes health complications, even in the long term.





# COMPLEX REHAB SHOWER-COMMODE CHAIR ROUNDUP

BY BOB VOGEL

Shower chairs today have much more to offer than simply being able to roll you into the shower. If you're looking for a simple, one-size-fits-all chair that works, you'll have plenty of options, and if you need a more complex, customized solution, you'll be equally happy. To help you make sense of your options and find one that works for you, here is a roundup from some of the leading manufacturers and some of their top products.



## AQUATEC OCEAN ERGO BY INVACARE

Invacare's Aquatec Ocean Ergo shower commode chairs offer improved ergonomic features, including a stylish design, contoured seat surfaces, a 5-degree seat tilt, or dump, for stability and a more natural "knees raised" position to aid with bowel programs. Additionally, the chairs are built to enhance your stability with a smaller footprint to be maneuverable in tight spaces. Arm and leg rest heights have a wide range of adjustability and modular parts make it easy to mix and match for the best fit.

**Ocean Ergo SP:** An upright self-propelled chair on a stainless-steel frame that comes apart easily for transportation or storage.

**Ocean Ergo VIP:** An attendant-assist chair with adjustable tilt angle that ranges from 5 degrees to 40 degrees.



Ocean Ergo SP (right): \$1,980  
Ocean Ergo VIP (left): \$3,000



## ACTIVE AID



All seven Active Aid chairs are made from stainless steel for durability and long life. The company offers a selection of different seat options for optimal skin protection.

**285 Tilt:** The 285 offers 40 degrees of tilt and the option of four casters for attendant assist or 24-inch rear wheels for self-propelling. Available in seven different seat sizes, different padding densities and materials, and 285 options to match a user's needs. The 285TR comes with tilt and recline.

**600:** The 600 has all the seat and caster options — self-propel or attendant assist — without the tilt.

285 Tilt (left): \$3,775; 285TR: \$4,711;  
600 (right): \$2,781

## NUPRODX MOBILITY



In addition to 13 different wheeled models, Nuprodx offers lots of options to ensure a proper fit, including frame size, two seat opening sizes, standard or gel cushion and three seat depth options. The company will make custom cushions fabricated to a customer's specifications. Back options include height, width, material and padding. There is a user measurement guide, bathroom fitting guide, and option to upload photos or sketches of the bathroom for a more optimal fit.

**MC4020:** A self-propelled, modular-design chair with built-in adjustability of seat to floor height and leg rest height.

**MC4000 Tilt:** An attendant-assisted, tilt-in-space chair.

MC4020 (right): \$2,795  
MC4000 Tilt (left): \$2,895





# THINGS TO CONSIDER WHEN BUYING A SHOWER CHAIR

**Body Type:** Unlike a conventional one-size-fits-all toilet seat, a shower-commode seat should fit you with support and padding in a way that minimizes pressure and shear, as well as a custom wheelchair cushion. Things to consider include: Are you bigger, wider, taller, shorter or narrower than average? Is your spine straight, or does your pelvis have a tilt? Another thing to consider is, where do you prefer the opening for reaching to do your bowel program: front, right, left or rear? What material do you want for your cushion? A commode seat should address all these considerations.

**Motility:** Motility, a polite way to describe how long it takes to complete a bowel program, is another important consideration when purchasing a chair. Some fortunate wheelers can complete their business in a relatively swift amount of time; for others, it takes hours. The longer you are sitting, the more crucial it is that your seat fits properly.

**Mobility:** If you transfer independently, a self-propel upright shower-commode chair is likely the correct choice. However, depending on your level of injury, you may want to choose a chair with some seat dump to help prevent sliding forward and shear.

If you rely on an attendant, an attendant-assist chair with smaller caster wheels will offer more mobility. You may also prefer a chair with tilt to keep you in place and allow for weight shifts during long bowel programs.

**Travel:** Finally, how often do you travel? If you are on a limited budget and can only afford one chair, you might consider a chair designed to collapse into a travel bag rather than having to purchase a separate chair.



## SHOWER BUDDY

Shower Buddy says its primary focus is providing quality, affordable chairs for the customer. The company's seven options generally have a lower price point than its competitors but fewer customizable parts.

**SB7E Roll-In Eco Travel:** A basic upright, attendant-assist chair that fits into a carrying case and comes at a very low price.

**Wheelable Folding Travel Chair:** A great option for wheelers on the go. It is a self-propelled, mid-wheel chair — with fore and aft casters for balance — that easily folds into a compact travel case with a total weight of 25 pounds.

SB7E Roll-In Eco Travel: \$295  
Wheelable Folding Travel Chair: \$1,696



## GO! MOBILITY SOLUTIONS

As the name suggests, Go! Mobility Solutions chairs are designed to work well at home and are easily packed into their custom bag for travel. Every model can add seat bucket dump for positioning and avoiding shear. Standard cushions come with 1-inch memory foam and the option to upgrade to 2-inch. Seats feature a front opening and tapered sides for doing a bowel program, and the company offers side fillers for the tapered area for those needing more support.

**GO-Anywhere SP** is a self-propel chair that uses front- or back-mounted 20-inch wheels. It is adjustable in both seat height and footrest length. It has a narrow width of just 23.5 inches for passing through narrow bathroom doorways.

**GO-Anywhere CS:** The CS has the same features as the Go-Anywhere SP, but in an attendant-assist version with four 5-inch casters, giving it a super-thin, 18-inch width for narrow bathroom doors.

GO-Anywhere SP: \$2,495  
GO-Anywhere CS: \$2,095



## RAZ DESIGN INC.

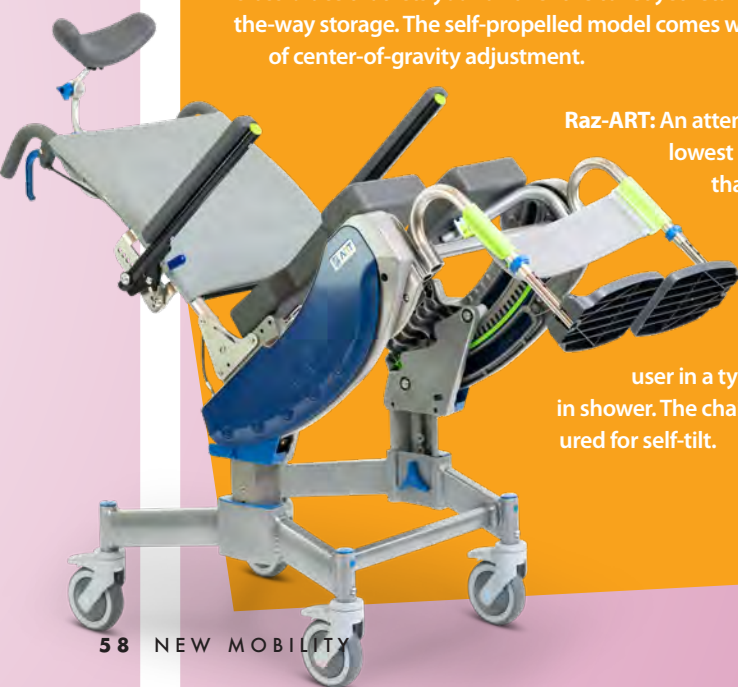
Raz Design offers 11 different wheeled models in an array of configurations. In addition to being ergonomically designed and contoured to minimize pressure and shear, all seats come with Raz's unique Ischial and Pelvic Alignment System to offload high-risk pressure areas. Seats come in a variety of sizes, widths and depths. You can choose the location of your access opening (front, left, right and rear) as well as its design. Raz will to custom design a solution if needed.

**Züm-SP/AP:** Raz's latest offering is a folding chair with a unique forward-mounted cross brace that lets you roll over the toilet yet retains the ability to fold for out-of-the-way storage. The self-propelled model comes with quick-release wheels and 2 inches of center-of-gravity adjustment.

**Raz-ART:** An attendant-assist chair with the lowest tilt effort in the industry thanks to a patented, dual-arc, orbital tilt system. An attendant can operate the tilt with one hand while standing beside the user in a typical, 5-foot-wide roll-in shower. The chair can also be configured for self-tilt.



Züm (right): SP \$2,645; AP \$2,195  
Raz-ART (left): \$2,995





## LOFRIC® SENSE™

Available from Wellspect HealthCare  
877/456-3742 or wellspect.us

LoFric® Sense™ is tailor-made for women and their needs. The ergonomic grip allows for a better grip and non-touch technique. It's easy and discreet to carry and use anywhere. With Urotonic™ Surface Technology, LoFric Sense ensures safe and smooth catheterization and minimizes health complications, even in the long term.



## UNITE 2 FIGHT PARALYSIS

Available from Unite 2 Fight Paralysis  
888/564-2228 or u2fp.org

U2FP is governed and staffed by people with a personal connection to paralysis. We focus on helping our community to understand the science, to mobilize and advocate for cures, and to bring key players together to advance therapies as quickly as possible. We are the Voice of the Cure!



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United Spinal Association knows that disability is a shared experience that affects you, your family, friends and communities. Fortunately, we are stronger together, and United Spinal brings decades of expertise to help: information, peer mentoring, advocacy and much more. Become a member today and **Share the Journey.**



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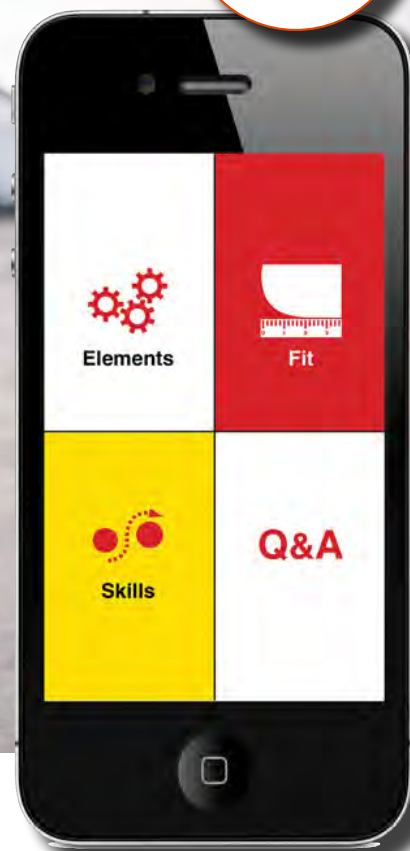
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**Finding the right manual wheelchair is hard, we make it easy!**  
My Wheelchair Guide makes choosing the right manual wheelchair easier and more efficient. (\*Search 'MWG Manual' in Google and Apple app stores to download.)

Now, all the necessary tools and resources to guide you through manual wheelchair selection, delivery and maintenance are at your fingertips. This comprehensive app covers the entire process of getting a wheelchair, providing practical information to evaluate your needs, wants, and concerns from beginning to end.

#### THE MY WHEELCHAIR GUIDE FEATURES:

- Self-assessment & maintenance checklists
- Customizable to-do lists
- Wheelchair skills videos
- Illustrations on wheelchair types, parts, & accessories
- Critical health considerations
- Organized hub that integrates the contacts essential to getting a wheelchair
- Ability to take notes within the app using text, pictures, or voice recording
- Q&A section

Whether you're a beginner or advanced wheelchair user, My Wheelchair Guide will help you discover greater health, mobility and independence.

*"The app will be a handy reference providing credible and practical information about usage, maintenance, and health issues that wheelchair users face daily."*

— Tanya L., Physical Therapist/  
Assistive Technology Provider



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[HTTPS://UNITEDSPINAL.ORG/MY-WHEELCHAIR-GUIDE/](https://unitedspinal.org/my-wheelchair-guide/)



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# AUTOMOTIVE

Products and resources to keep — or get — you behind the wheel.

NEW MOBILITY Editor Ian Ruder is a longtime minivan user and proud leader of WAMS (Wheelers Against Minivan Slander). He is currently rolling around in a jet black 2014 Toyota Siena conversion, and he has previously ghostridden a Chevrolet Uplander and a Dodge Grand Caravan. He dreams of a future where we can all learn to love and live together in the spacious, refined masterpiece that is the modern minivan.







# TWO NEW OPTIONS SPICE UP CONVERSION CHOICES

BY IAN RUDER

**H**ere's a look at two new options that bring much-needed excitement to the adapted vehicle market.

## CHEVROLET TRAVERSE

For as long as there have been wheelchair van conversions, wheelchair users have dreamed of a converted SUV that is comfortable, spacious and reliable enough to withstand the test of time. The scrapyards of America are littered with the rusted frames of conversions that have tried to fill this niche

only to come up short, most often on space and comfort.

Now a new contender has emerged, and if the initial response is any indicator, we may finally have the SUV conversion we've been waiting for: BraunAbility's Chevrolet Traverse. The conversion has all the amenities wheelchair users demand — lowered floor, in-floor ramp, power doors, kneeling, removable front seats — with 46% more interior space than the previous SUV standard-bearer, BraunAbility's Ford Explorer MXV.

NEW MOBILITY contributor Todd Stabelfeldt was one of the thousands of wheelchair users who purchased a Traverse during its pandemic rollout. He tried a converted Explorer previously but couldn't navigate the interior in his power chair. The Traverse presented no such obstacles.

"Sitting in it changed my entire reality," he says. "I remember thinking, this is amazing, and I'm done with vans for the rest of my life."

If sales are any indicator, Stabelfeldt's response is a common one. Terry Bar-



## TOYOTA SIENNA HYBRID



Starting at  
\$73,580



## CHEVROLET TRAVERSE



Todd Stabelfeldt (right) says his Traverse is a perfect complement for his new RV, making it easy to explore all of America.

ton, the regional director for Ability Center, says all the company's stores are currently sold out of Traverses and have been for a few months (though more are en route).

"The market has been looking for an SUV with enough space for a long time," he says. "And a lot of people who have been driving vans want a different-looking vehicle. They're not buying it for an off-road vehicle, as it's a front-wheel-drive V6 — you can't even get a four-wheel drive. So, it's definitely the look and visual appeal of the car."

The BraunAbility backing adds to the appeal too. Barton notes that BraunAbility honed a lot of the technology that makes the Traverse work on other models, including the Explorer and its ample line of minivans.

"They've done a ton of improvements already on the articulating doors that were a little bit of a challenge at the beginning with the Explorer," he says. "And they've been us-





indicator that people are happy with the purchase,” says Barton.

## TOYOTA SIENNA HYBRID

If a spacious SUV conversion is the Holy Grail of adapted vehicles, a hybrid side-entry minivan isn’t too far behind. While there have been limited rear-entry conversions on hybrid Chrysler Pacifica minivans, most wheelchair users prefer the comfort and ease of side-entry vehicles. Until this year, there haven’t been any commercially available side-entry hybrid conversions.

That finally changed when Toyota rolled out its 2021 Sienna with a new hybrid option. BraunAbility and VMI have both launched conversions, and after years of waiting, wheelchair users can finally get in on the hybrid gas savings and help the environment.

VMI offers three conversion options: a powered in-floor ramp, a manual in-floor ramp and a powered folding ramp. BraunAbility’s award-winning conversion sticks with a powered folding ramp. Both conversions have all the interior space converted Siennas are known for and the promise of a sexy 35 mpg. Some reviewers say they’ve received upward of 40 mpg, a huge upgrade from the normal Sienna’s 19 mpg city/27 mpg highway. **MM**

ing that same ramp system for 18-19 years, so you know it’s reliable.”

Still, even the best conversion is doomed to fail if the vehicle doesn’t drive well. Thankfully, Barton says there’s nothing to worry about there.

“I’m not gonna lie to you and say it drives identical to a Traverse if you bought one from the Chevy dealer, but it’s as close as you’re going to get in an accessible car,” he says.

Five months after purchasing his Traverse, Stabelfeldt has no regrets. He is currently flat-towing it as he brings a new RV home from across the country. He loves every moment.

According to Barton, Stabelfeldt is not alone, as Ability Center has yet to have any one trade in a Traverse. “These things aren’t cheap. It’s a serious purchase, and to have not a single one come back is a pretty good

**Braun’s Hybrid Sienna conversion (interior shown above) has ample room for even the largest power chairs and the same reliable ramp system consumers have come to expect.**







## WHEELCHAIR ACCESSIBLE SUVs & HYBRID MINIVANS

Available from Freedom Motors USA  
800/625-6335 or [freedommotors.com](http://freedommotors.com)

From the original manufacturer of the wheelchair accessible minivan, choose from the widest selection of accessible SUVs including makes and models exclusive to Freedom Motors USA!

Choose from popular models like Buick Enclave, Chevy Traverse, Hyundai Palisade, and the Kia line of SUVs including Soul, Sorento and the new Telluride.

### WHEELCHAIR ACCESSIBLE SUVs & HYBRIDs



## MOBILITY ROADSIDE ASSISTANCE

Available from Mobility Support Solutions LLC  
877/246-0979 or [mobilitysupportolutions.com](http://mobilitysupportolutions.com)

Being stuck on the side of the road is a regular occurrence for people in wheelchairs when their vehicle breaks down. Mobility Roadside Assistance can give you peace of mind knowing there is an accessible vehicle and tow truck for you and your passengers.

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## ROLLX WHEELCHAIR ACCESSIBLE CONVERSIONS

Available from Rollx Vans  
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For over four decades Rollx Vans has been the nation's premier manufacturer of accessible mini, full-size, and previously owned vans. Rollx is a direct manufacturer with an inventory of over 200 vans in stock. We will deliver your van right to your front door anywhere in the United States!



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Available from KEMPF, Inc.  
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With DARIOS, the digital accelerator ring and main hand brake, a paraplegic driver can keep both hands on the wheel. KEMPF offers a lifetime warranty and features nationwide free at-home pick-up and delivery of the vehicle to be adapted and at-home service. All KEMPF products are VA accepted.





**VetsFirst is a program of United Spinal Association that assists veterans and their eligible family members in obtaining the benefits they are entitled to, deserve and need.**

#### **Our Mission**

VetsFirst leads the way in advocating for veterans living with disabilities and ensuring they achieve the highest level of independence and quality of life.

#### **Our History**

As a program of United Spinal Association, VetsFirst has a long and illustrious history assisting and representing veterans and their eligible family members. United Spinal—a VA recognized veterans service organization—strives to ensure the organization remains an instrument for veterans.

#### **About VetsFirst**

VetsFirst brings to bear seventy years of expertise in helping America's veterans with disabilities, their spouses, dependents, survivors and other eligible family members receive health care, disability compensation, rehabilitation and other benefits offered by the U.S. Department of Veterans Affairs. We supply direct representation, proactive legislative and regulatory advocacy, individual support and counseling services, guidance on education and employment, timely news and information and valuable self-help guides.

VetsFirst advocates nationally for all generations of veterans, including individuals living with post-traumatic stress disorder and traumatic brain injuries. Our advocacy efforts go far beyond offering words of support and encouragement. We take this fight to Capitol Hill to bring attention to issues that matter most to the men and women who proudly served our country.

#### **Timely Support**

We connect with thousands of veterans and active military servicemen and women annually through our call center and online help desk, **Ask VetsFirst**. Our staff takes the time to address each inquiry, offering guidance with questions on military separation, claims appeals, and state benefits. Visit <http://helpdesk.vetsfirst.org/> to submit your questions and receive quick response from our knowledgeable staff.

#### **Valuable Resources**

In addition to providing individual support and counseling services, VetsFirst offers timely news and information across the spectrum of issues presently impacting the veterans community, including state benefits, separating from the military, as well as exclusive feature stories on military health care and VA funding and compensation.

#### **Our Core Beliefs**

VetsFirst's priorities are based on three core principles that will improve the lives of veterans with disabilities.

**Community Integration and Independence**— We support policies that help veterans with disabilities reintegrate into their communities and achieve independence.

#### **Timely Access to Quality VA Health Care and Benefits**—

We support improved access to VA health care and compensation and pension benefits that are the lifeline for many veterans with significant disabilities.

**Rights of Veterans with Disabilities**— We believe that discrimination against disabled veterans that produces barriers to housing, employment, transportation, health care, and other programs and services must be eliminated.



[www.vetsfirst.org](http://www.vetsfirst.org)



# (( )) MEDIA

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Los Angeles-based Stephanie Thomas is a disability fashion stylist and founder/CEO of Cur8able, a technology platform helping brands create Accessible, Smart, Fashionable clothing for people with disabilities. Born a congenital amputee, Thomas is a trusted voice actor, audio describer, and member of the Screen Actors Guild Persons with Disabilities Committee. She is a professional speaker and lecturer in fashion marketing and holds graduate degrees in communication and fashion journalism.





# AN INSIDER'S GUIDE TO **ACCESSIBLE FASHION** FABULOUSNESS

BY STEPHANIE THOMAS

In 2003, I wrote my first letter to fashion brands highlighting the viability of customers with disabilities. After an entire year of meetings that went nowhere, I knew I had to do something. As I said in my TEDx Talk, I'd spent a decade talking about the problem, but I could no longer just talk about it — I had to be about it. I did just that. I dedicated myself to being a tireless advocate for accessible fashion, and in 2004 I trademarked my Disability Fashion Styling System: Accessible, Smart, Fashionable.

This system acts as a litmus test for my work as a stylist and consultant:

- Accessible: easy to put on and take off
- Smart: medically safe (won't cause harm to the wearer's body)
- Fashionable: works well with the wearer's lifestyle and body type.

My advice to all seekers of accessible fashion is always the same. Own your style, self-advocate and end your unrequited love affair with clothing that does not love you back so you can enjoy dressing with as much dignity and independence as possible.

## 10 BRANDS I'M LOVING RIGHT NOW

Before I give you the good news, I want to share the bad news in adaptive clothing. After researching over 100 brands, they all had one thing in common: they were casual. I hope this changes soon, but in the meantime — I've got you. Here are my fave adaptive brands of 2021 for dressing your beautiful, seated body.

## 1. DEHROT MOM JEANS BY LOU DEHROT

Lou Dehrot is a rising star! Keep an eye on her work, as she is so thoughtful and unbound by rules that limit innovation. Her line is a great shopping find for our friends outside of the states. I'm hopeful that we will soon be able to purchase her work here in the states. I love the way the back pockets and seams sit high on the back of the high waist mom jeans. If you have a spinal cord injury and are prone to pressure sores, please always remember the "Smart" part of my Disability Fashion Styling System — do not put your health at risk for fashion.

[ginatricot.com](http://ginatricot.com)





## 2. TOMMY HILFIGER

I love many things about Tommy Adaptive, like the fact that when you log on to Tommy.com, you will find adaptive options in the main menu — you don't need to go to a separate URL. Can we please normalize that? Recently they've extended denim jegging sizes to size 18 for women with seated body types. Word of caution: if you have curvier hips, these jeggings may not work for you, but they are worth trying out.

[usa.tommy.com](https://usa.tommy.com)



## 3. UNHIDDEN

Unhidden is a U.K.-based company by Victoria Jenkins, and it is brilliant. I'm a fan of the Unhidden Wrapped Top.

The Unhidden Silk Shirt is designed with portholes, and its Seated Twill Trousers can be customized in various sizes by emailing the Unhidden team.

[unhiddenclothing.com](https://unhiddenclothing.com)



## 4. THE JAM LABEL

Four words: magnetic closing linen shirt (for men, women, nonbinary shoppers). Why do I love it? It's a well-made, beautifully designed shirt first, and that is the way all functional fashion should be designed.

[jamthelabel.com](https://jamthelabel.com)



[liveffora.com](https://liveffora.com)

## 6. MINISTRY OF SUPPLY

Ministry of Supply's Kinetic Adaptive Pant uses a four-way stretch fabric, optional gender-specific catheter access and knee darts, making the pants more comfortable. They also sell a suit for seated body types. Note: The suits have a 5-7 week turn-around time.

[ministryofsupply.com](https://ministryofsupply.com)



# KEYS TO ADAPTIVE SHOPPING SUCCESS

It's the holiday shopping season, one of the best times to shop for clothing that honors your seated body type. Before you shop, here are a few things to keep in mind.

1. Take the time to find a tailor or a local seamstress or family member who can accurately take your measurements — it is so necessary. Our bodies change, and most adaptive clothing is sold online. Oftentimes you can bring your clothing to stores like Nordstrom or Bloomingdales and pay to have it tailored. If you prefer not to leave your home, there are plenty of YouTube videos that will show you how to measure your seated body type. Here is one of my faves from Izzy Camilleri: [youtube.com/watch?v=GfUYddqvzFI](https://www.youtube.com/watch?v=GfUYddqvzFI). If you're an ambulatory wheelchair user who also uses crutches or a walker, have the tailor measure you both standing and sitting.

2. Most people chuckle a bit when I say this but make a shopping budget. I know, I know, a regular budget may be an issue for you, let alone a shopping budget. Why do I suggest a shopping budget? Because shopping shouldn't be something that you have to sneak and do or feel guilty doing. You should be able to shop with joy, and making a plan helps you do that. Will it be challenging at first? Most likely, if budgeting is not something you typically do. I also suggest you think about cost per wear. If you always opt to purchase the cheapest clothing or footwear because you say to yourself, "I can't afford anything else," what if that product is destroyed after two or three wears or if it's stretched out? Is it really saving you money? Like Benjamin Franklin said, "If you fail to plan, you are planning to fail."

3. Don't necessarily shop by gender. Buy what you love. There are instances when the cut of shirts, jackets, pants and skirts is a real consideration. However, that is not always the case.

4. Before shopping online or in the store, please go through your closet so that you make informed decisions about how to spend your money. Create a closet filled with clothing you love that loves you back. Avoid clothing that makes you sick — like increased dysphagia or pressure sores — or causes unnecessary discomfort. You can wear clothing you love that honors your beautiful body type.

5. Be smart about when and where you shop. Me, I love buying beautiful pre-loved/pre-owned clothing by designers I admire. You can shop for preowned clothing on numerous websites from [thredUp](https://www.thredup.com), [FarFetch](https://www.farfet.com) and [Walmart.com](https://www.walmart.com), to traditional department stores like Lord & Taylor. In January 2022, you'll even be able to shop preowned clothing curated according to my Disability Fashion Styling System: Accessible, Smart, Fashionable on [shopstephaniethomas.com](https://shopstephaniethomas.com).

6. Supply chain challenges are real. Give yourself enough time to receive the clothing and accessories you order. Remember, products may be delayed. Don't be discouraged — whatever you order may be on sale after the holiday.



## 5. FFORA

I am a personal fan of FFORA's essential bag. It is a truly human-centered design. It is gorgeous and attaches effortlessly to wheelchairs. FFORA also now sells a leather bottle holder that attaches to your wheelchair. I also love the fact that FFORA feels like an actual fashion brand — from shopping to unboxing, it is a luxurious experience, and that's the way it should be.







[rollimoden.de](http://rollimoden.de)

## 7. ROLLIMODEN

My fave denim, hands down. I visited the Rollimoden team in 2017 in Stuttgart, Germany. Rollimoden is one of the only locations in the world with a brick-and-mortar storefront for wheelchair users. And its website features a ton of options.

## 8. ABLE2WEAR'S DROP FRONT WHEELCHAIR CORDS

Able2Wear's cozy and stylish cords come in beautiful deep khaki green and navy blue. They are a great winter option from a trusted, award-winning brand made in Britain and distributed to the U.S.



[able2wear.co.uk](http://able2wear.co.uk)

## 9. IZ ADAPTIVE

IZ's Game Changer Jeans and Chinos are actually game changers, especially for people that have spinal cord injuries and are more likely to get pressure sores. Searching for a sharp black suit for the holidays and other special occasions? Check out IZ's black suit. I've purchased and referred clients to IZ Adaptive since I learned about it in 2009. There are many great options at IZ Adaptive.

[izadaptive.com](http://izadaptive.com)

## 10. THE KOOLWAY KOOLKOAT



[koolwaysports.com](http://koolwaysports.com)

This coat is made with attendant dressers in mind. As you know, it can be difficult to put on a coat, so the Koolcoat has an easy-to-use zipper running down both sides of the body (also known as the bodice) and under the arms. This design allows attendant dressers to lay the coat on a seated wearer's shoulder and simply zip it up. It allows the wearer to be dressed with no pulling, tugging or shoving.



## ((( ))) SUSTAIN OUR ABILITIES

Available from Sustain Our Abilities  
sustainourabilities.org

Over one billion people around the world live with disabilities and are exceptionally vulnerable to the climate crisis. The mission of Sustain Our Abilities is to bring together people with disabilities and professionals to promote environmental justice, health, and quality of life for people with disabilities. Join us and help us come together to save all of our tomorrows. Climate change is affecting our health now and we must come together in community to help conquer this crisis.



## ((( ))) NEW MOBILITY MAGAZINE

Available from New Mobility  
800/404-2898, ext. 7203 or newmobility.com

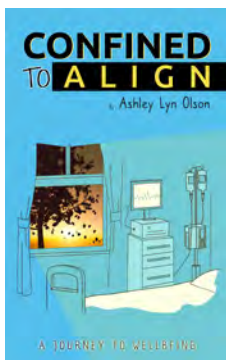
NEW MOBILITY offers a fresh take on wheelchair products, lifestyle and recreation while examining the tough issues facing people with disabilities. The colorful magazine presents a unique mix of articles on travel, relationships, personality, health and advocacy with award-winning writing and design. In 2022, look for fresh, web-only content on our newly upgraded site, Newmobility.com, and a more robust, bimonthly print magazine. Sign up for our popular newsletter at newmobility.com/newsletter and follow us on Facebook, Twitter and Instagram.



## ((( ))) CONFINED TO ALIGN: A JOURNEY TO WELLBEING

Available from Wheelchairtraveling.com  
and on Amazon

In 2010, Ashley Lyn Olson had life-or-death surgery for a pressure sore, due to already being paralyzed from a car accident when she was 14, followed by a long recovery of endless bedrest. Eight of those weeks were spent in a nursing home where she was forced to lie on her back 24/7 — to eat, take pills and go to the bathroom. She wasn't allowed to sit up and was confined to a special, medical bed. Through mindfulness, meditation and appreciation of the present moment, she was able to control her perception and find eternal peace in a stereotypical unpleasant environment.



## ((( ))) 4 WHEEL CITY

Available from 4 Wheel City  
4wheelcity.com

4 Wheel City is an entertainment organization started by Name! "Tapwaterz" Norris and Ricardo "Rickfire" Velasquez, two talented hip-hop artists and motivational speakers in wheelchairs due to gun violence. Our mission is to use hip-hop music and culture to create more opportunities for the disabled and inspire people not to give up in life. In addition, to show the world that people with disabilities can still have talents, dreams, and deserve to be treated equal. 4 Wheel City performs original music as well as motivational speak at hospitals, schools, rehabilitation centers, fundraisers, and events, all over the world.





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www.newmobility.com

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**United Spinal Association**

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## VACATIONS

**Cape May** farmhouse near beach. First floor entirely wheelchair accessible. Sleeps eight. Visit [www.beautifullyaccessible.com](http://www.beautifullyaccessible.com) for more info and reservations.

## VACATIONS

**Ocean-front condo, wheelchair friendly,** sleeps six, pool, boardwalk to beach. Rents daily, weekly, monthly. St. Simons Is., GA. [bmmk4@frontier.com](mailto:bmmk4@frontier.com) 419-569-6114.

**St. Augustine Beach** 3 bedroom condo. Great location across from ocean in historic Florida North East. Recent renovation for para owner. Excellent local accessible activities. For accessibility questions please contact: [dbucesinclair@gmail.com](mailto:dbucesinclair@gmail.com). For availability, pictures and pricing please visit our VRBO listing: <https://www.vrbo.com/1984785>

**New Zealand Accessible Vehicle Hire.** New Zealand disability vehicles, hand control cars, left foot accelerator cars for hire. Explore New Zealand – we make it easy! We are happy to pass on our former clients' recommendations of accessible activities and accommodation. See [www.freedom-mobility.co.nz](http://www.freedom-mobility.co.nz)

## Meet New Member Michelle Thrasher

Age 50, from Redding, California  
C5 Spinal Cord Injury

**Why I joined United Spinal:** I joined to learn about different resources. I also wanted to connect with others in the SCI community to find out how they are coping and living their lives to the fullest extent.

**What is the one disability-related product you couldn't live without?** My grabber! I can usually reach everything with it from my wheelchair, but if I can't, my husband is always there to help me!

**If you could change one thing in the world to improve quality of life for wheelchair users, what would it be?** Access to paratransit services. It is so important to be independent even if it means paying for the service. It's worth it just to be able to get out and about!

*Meet other members or join United Spinal at [unitedspinal.org](http://unitedspinal.org)*



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Did you know there is an online listing of all wheelchair accessible vehicle conversions that have been reviewed for crash-worthiness?



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[www.NMEDA.org/ChecktheList](http://www.NMEDA.org/ChecktheList)



**United Spinal Association**  
**PATHWAYS TO EMPLOYMENT**

United Spinal Association's Pathways to Employment (PTE) program supports the pursuit of new job opportunities and a successful career for people with spinal cord injuries (SCI) by providing the tools and support necessary to successfully overcome barriers to gainful employment.

[www.unitedspinal.org/pathways-to-employment/](http://www.unitedspinal.org/pathways-to-employment/)

**VetsFirst**  
a program of United Spinal Association

If you have questions regarding your Veterans Benefits or benefits that your family members may be entitled to, VetsFirst can help you.



[www.vetsfirst.org/ask-vetsfirst](http://www.vetsfirst.org/ask-vetsfirst)



# LAST WORD



## SPINOUTS

Ned Fielden wrote a whimsical article called "Things I'd Like to See: 7 Outrageous Inventions for Wheelchair Users" in November 2013. From an implanted hook to keep up his pants to a revolving bed sheet changer, Fielden's ideas were all great, but here's our favorite:

"What if there was a way to attach a set of removable treads to your hand-propelled wheelchair so you could have the best of both worlds? The places you could go, the things you would see! But the design challenges are significant.

You would need to have some sort of sub-frame that attaches to the front of your chair so that front and rear wheels are aligned. The caster wheels would hold the tracks — this approach might allow taller and wider front wheels that would be good for rougher terrain, plus a longer tread contact area and longer wheelbase for stability. The tracks themselves would need to be lightweight, somewhat elastic and able to grip your wheels tight enough not to come off but not so tight as to make pushing them impossible.

Whew! — this last challenge is likely severe enough to be lethal to this otherwise enchanting innovation."

Read the rest of Fielden's vision at [newmobility.com/7-outrageous-inventions-for-wheelchair-users](http://newmobility.com/7-outrageous-inventions-for-wheelchair-users).



## NM LIVE VIDEO SERIES with Teal Sherer

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### DECEMBER GUEST: ACCESSIBILITY CONSULTANT EMILY ROSE YATES

Emily Rose Yates wants disabled people to have sex lives that are both safe and fulfilling. She has written extensively on sex and disability, and in December's *New Mobility* she shares some of her favorite adaptive products for the bedroom.

Yates, who lives in Glasgow, Scotland, is also an accessibility consultant and travel enthusiast. She worked with Heathrow Airport to update its access and inclusion standards and was the first wheelchair user to cross the Sinai Desert. If that's not enough, she authored the *Lonely Planet Accessible Rio de Janeiro* guide ahead of the 2016 Games.

You can learn more about Yates at [emilyroseyates.co.uk](http://emilyroseyates.co.uk). Follow *New Mobility* on Instagram @newmobilitymag for more information on the IG Live date and time.

### WATCH PAST NM LIVE VIDEOS HERE:

▶ YouTube: [youtube.com/NewMobilityMedia](https://youtube.com/NewMobilityMedia)

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## ActiveReach

	5°	10°	20°	30°	45°
M3	●	●	●	○	○
M5	●	●	●	○	○
F3	●	●	●	●	○
F5	●	●	●	○	●
F5 VS	●	●	●	○	●

## ActiveHeight

	12"	14"
M3	●	○
M5	○	●
F3	●	○
F5	○	●
F5 VS	○	●





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