



The Wheelchair Skills College

Unlocking potential for every wheelchair user

www.wheelchairskills.org

“

I thoroughly enjoyed the training session. It was good to be amongst peers and talk about what they have done with their life. It made me realise that life using a wheelchair does not have to be so limiting. ”



What are wheelchair skills?

Moving around using a wheelchair can feel like you are constantly facing barriers stopping you doing the things you want.

Learning wheelchair skills and having the confidence to use them in your daily life will allow you to gain independence and do more of the things you want to do.

From pushing techniques and carrying a coffee, to crossing uneven surfaces and going downstairs - learn the skills that will take you where you want to go.

Unlocking potential



Learn new skills



Build confidence



Gain independence

Our training sessions

We believe that no one can teach in the same way as someone who has walked, or rolled, that path.

Our wheelchair skills training sessions are delivered by experienced wheelchair users who know what it is like to deal with obstacles on a daily basis.

Sessions are designed around what you want to learn, but typically can involve:

- Pushing techniques
- Turning
- One-handed pushing
- Wheelchair maintenance
- Kerbs
- Ramps

There are a lot of wheelchair skills you can master. Get in touch if you would like to talk about the skills you need.

“ Wheelchair skills have really helped me. It has built up my confidence in going outside and being more independent. ”

Get in touch



www.wheelchairskills.org



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