

Occupational Therapy Checklist of Community Mobility Skills (CCMS)

Objective: This tool merges individual functional mobility with demands required by transportation type to assist in identifying transportation options that support and/or increase safe and effective community mobility.

Directions: Indicate the level of independence/assistance needed for each functional area. Identify the types of transportation options available in the community (indicate the support offered if possible). Then, highlight transportation options most feasible to support the individual's mobility. Consider also that each destination may require a different transportation option.

| Functional Areas: Is the individual able to: | Perform Independently | Perform with assistance | Perform with difficulty/unable | Comments |
|--|-----------------------|-------------------------|--------------------------------|----------|
| 1. Walk one block | | | | |
| 2. Walk briskly to cross street with pace of "Walk" signal | | | | |
| 3. Climb two steps | | | | |
| 4. Climb two sets of stairs | | | | |
| 5. Physically maneuver in a new environment | | | | |
| 6. Get in and out of a car | | | | |
| 7. Ready and independently wait near entrance/exit | | | | |
| 8. Secure own seatbelt | | | | |
| 9. Manage personal mobility devices (e.g., cane, walker, wheelchair) | | | | |
| 10. Read and decipher a schedule | | | | |
| 11. Read and decipher a map | | | | |
| 12. Manage money/money card | | | | |
| 13. Recognize the need and have the ability to call 911 | | | | |
| 14. Consistently use a cellphone | | | | |
| 15. Communicate all needs with driver | | | | |
| 16. Problem solve when a problem occurs with transportation | | | | |
| 17. Know, recognize, and communicate location (pickup and destination) | | | | |
| 18. Communicate identification information and/or phone number | | | | |
| 19. Communicate date and time of trip | | | | |
| 20. Use voice-based travel technology | | | | |

Public Transportation (e.g., bus, subway, train)

Requires individual to be able to:

- A. Walk various lengths to the designated stops for pickup and destinations
- B. Handle one to four steps to board/get off
- C. Have good mobility, including balance
- D. Appropriately handle a crowded social environment or the need to wait
- E. Manage money and/or money card**
- F. Communicate needs of when they need to stop**
- G. Have higher cognitive skills for complex environments**
- H. Read a schedule and/or route**
- I. Cognitively adjust if service is running behind or ahead of schedule**

Guidance Statements for Public Transport:

- If the individual can perform abilities 1 through 20, they will likely be successful in using public transportation.
- If the individual can perform abilities 1 through 9 independently, but needs assistance with abilities 10 through 20, a companion is recommended.
- If the individual can perform abilities 1 through 9 independently, with potential to learn abilities 12, 13, 14, and 15 for a specific routine route, consider mobility management.

Transportation Network Services (TNS)

(e.g., taxi, Uber, Lyft, Go-Go Grandparent):

Requires individual to be able to:

- A. Walk at least short distances to locate car
- B. Enter and exit a car independently
- C. Fasten own seatbelt with no assistance
- D. Manage all mobility equipment with minimal assistance
- E. Communicate needs to driver including destination and location**
- F. Navigate unfamiliar environments**
- G. Manage money/money card/electronic account**
- H. Able to recognize the need and have the ability to call 911**
- I. Consistently use a cell phone
- J. Problem solve unexpected events

Guidance Statements for TNS:

- If the individual can perform abilities 1 through 20, they will likely be successful in using TNS.
- If the individual can perform abilities 1 through 9 independently, but need assistance with abilities 10 through 20, a companion is recommended.
- If the individual can perform abilities 1 through 9 independently, identifies specific destination needs and can use a phone, programs with added support may be successful (such as Go-Go Grandparent)

Supplemental/Assisted Ride Programs offer:

- I. Door through door—The driver will assist individual to and from their home as well as at destination; may provide limited assistance with a new environment.
- II. Door to door—The driver will assist individual in/out of car and to door, however, rider has to navigate to and from destination independently.
- III. Curb to curb—The driver will pick up and drop off individual at curb.

Required skills vary depending on type of transportation; Individuals should be able to:

- A. Transfer in/out of a car with limited assistance from driver
- B. Buckle their seat belt with limited assistance from driver
- C. Identify self and contact information
- D. Call and schedule a ride**
- E. Appropriately handle money/money card/ticket system**
- F. Communicate needs during the trip with the driver**
- G. Report location to driver**
- H. Use a cell phone**
- I. Handle medical/mobility equipment such as a cane, walker or wheelchair with limited assistance from driver
- J. Able to recognize the need and have the ability to call 911 **

Guidance Statements for Ride Programs:

Program services and supports vary greatly. Typically a needs assessment is conducted to set up an individualized program. The rider may then consistently access the services.



Transportation while seated in wheelchair: consult accessible transit, paratransit, or Driving Rehabilitation

indicates could be completed by a companion escort/caregiver