

Suggested questions for co-rating (ADDED IN RED FONT). Noted by Karen Drew, directly quoting Lil Deverell from *RO&Ming with Lil Podcast Episode 5: A co-rating conversation with Erica - Interview only*, with some later additions from Lil 29/6/2020

1) Complete first: Decide on 2 environments.

OMO Orientation & Mobility Outcomes Part A: Observed Travel		Stable, familiar conditions; no hurry e.g., home, local block, tame place	Dynamic conditions; timeliness needed e.g., road crossings, shops, crowds, wild place
Client: Assessor: Date: Starting time: Daylight: bright/sunny grey/dusk dark/night Mode: Observation or Interview only Elements of MOBILITY		Venue/s: _____ Highest ECS: 1 2 3 4 5 6 Aids: NA SG D LC SC ID PC MWC Sc MG GPS Ph Other:	Venue/s: _____ Highest ECS: 1 2 3 4 5 6 Aids: NA SG D LC SC ID PC MWC Sc MG GPS Ph Other:
SCORING 3 = Elite skills Graceful, fluent, safe & effective in most places 2 = Competent skills Safe & effective, but not always graceful & fluent With clunkiness. 1 = Basic skills Limited effective skills; needing consolidation Hesitant, patchy. 0 = Beginner skills Unsafe/inadequate for the context Unsafe/haven't learnt it.	Getting your bearings Where am I? Which way do I go?	Do you get disoriented? Get seriously lost? /3	How about when you're away from home? On holidays? /3
	Checking groundplane What's underfoot? Is it safe to step out?	Is it slippery? Muddy? Tripping over things? How you move and deal with steps/curbs fluently? Tripping? Having falls? Negotiating rocky terrain? /3	Having to hesitate? Hold on tight to an arm? /3
	Wayfinding Is this the path? Is anything in the way?	Wayfinding is navigating around fixed obstacles. Eg. Going through doorways without banging into a door jam. Walking around a table without getting a bruise on your thigh. At home. /3	Away from home. In a busy environment. /3
	Recognising moving parts Is there traffic? Who is around? Do I seek or avoid them?	Second part of wayfinding. Things erupting into your visual field because they're moving. Eg. People, dog, traffic. At home? /3	In crazy busy areas, eg., the busy bus bay, uncontrolled crossings. /3
	Finding things What am I looking for? How do I find it?	How are you at finding things amongst the clutter at home? How COMPETENTLY do you do the job? Not HOW you do the job? /3	When you're out- finding signage on a door, bread at the supermarket? Are you more likely to ask for help? /3
ECS=O&M Environmental Complexity Scale: 1=uninhabited level; 2=uninhabited steps obstacles;3=pedestrian-paced clear; 4=pedestrian-paced crowded; 5=traffic controlled; 6=traffic uncontrolled. Aids: NA=No aid; SG=sighted guide; D=dog guide; LC=long cane; SC=support cane; ID=identification cane; PC=power chair; MWC>manual wheelchair; Sc=motorised mobility scooter; MG=miniguide; GPS=global positioning system (e.g. Trekker Breeze); Ph=phone			

3) Part B involves talking about aspects of your broader lifestyle and each of the rating scales 0=can't to 4=top end of capability.

OMO Part B Wellbeing	Score according to discussion about skills, attitudes and activities <u>within the past month</u> Which one draws you the most? If in doubt, rate lower.	Comments & Score
Activities (engagement) The things you do during any week	0 I find activities overwhelming or boring 1 My mix of activities is not quite right, but I don't know how to fix it, or I'm not yet ready for change 2 I like some of my activities, but I'm ready for new directions 3 I'm satisfied with my current mix of activities 4 I find my mix of activities interesting and enriching	/4
Connections Relationships with other people	0 I am isolated and lonely much of the time; it is hard to connect with others 1 People do things for me, but I have little to offer 2 I know where to go to find people; I link in with people or groups sometimes 3 I meet with people regularly; I feel welcome and included 4 I have mutual friendships; we're there for each other; I contribute	/4
Life-space How far from home do you roam?	0 I'm house-bound; I rarely go beyond the front gate 1 I do routine travel, only in well-known local areas (e.g., home block, local shops) 2 I explore in my local community; I like to try different routes 3 I travel to known places beyond the local community (e.g. work, school, visiting friends) 4 I like to explore beyond the local community, discovering new places	/4
Orientation Do you get lost?	0 Even at home, I get disorientated; I have trouble understanding shapes, angles and distances 1 I can find the way at home by myself; beyond home, I need a companion or I get lost 2 I travel alone beyond home; if I get anxious or lost, I rely on help from other people 3 I travel alone beyond home; if I get anxious or lost, I can usually work it out by myself 4 I can go anywhere independently; I use mental mapping and I don't really get lost	/4
Self-determination Who's in charge?	0 My travel is managed by other people; I don't make the decisions 1 I need travel restrictions – I'm not always aware of what's safe and what is not 2 I'm aware of my own limitations, but I limit my travel rather than learning new skills 3 I'm aware of my own limitations; I plan ahead; I get information and help with my travel skills 4 I'm in charge; I evaluate my travel and learn from experience as I go; I develop my own skills	/4
Comments <div style="text-align: right; margin-top: 10px;"> Part A: ____/30 Part B: ____/20 Total Score: ____/50 </div>		

2) To what extent do you use vision? It has the same rating scale...3,2,1,0. Here is how it interprets as functional vision.

VROOM: Vision-Related Outcomes in O&M Part A: Observed Travel Client: Assessor: Date: Starting time: Daylight: bright/sunny grey/dusk dark/night Mode: Observed Interview only		Stable, familiar conditions; no hurry e.g., home, local block	Dynamic conditions; timeliness needed e.g., road crossings, shops, crowds
<p>SCORING</p> <p>3 = Vision is primary Elite Looks without hesitation; no touch or aid is needed to confirm vision. Not thinking about other senses.</p> <p>2 = Vision needs back-up Competent Rely on vision; some hesitation; use non-visual strategies to confirm Eg. Looking first then checking by touching/hearing.</p> <p>1 = Vision is secondary (Basic) Rely on non-visual strategies; vision is sometimes useful Eg. Touching/hearing first then checking with vision.</p> <p>0 = Vision is useless Use non-visual strategies Vision is useless for this purpose – too little, too late</p>		<p>Getting your bearings Where am I? Which way do I go? Knowing where you are in space. At home. Are you using your vision or memory and mental mapping? /3</p>	<p>Dynamic conditions; timeliness needed To get your bearings and know where you are by using your vision. In crowds. When you're out. /3</p>
<p>Checking groundplane What's underfoot? Is it safe to step out? Can you see the ground? Do you find you are looking down all of the time? Are you having to be hesitant? Are you always safe? At home. /3</p>		<p>Checking groundplane What's underfoot? Is it safe to step out? Can you see the ground? Do you find you are looking down all of the time? Are you having to be hesitant? Are you always safe? At home. /3</p>	<p>In a busy environment. One of the issues with checking groundplane is how you deal with single steps/curbs. Do you stop, pause or give it attention? Do you trip or have falls? /3</p>
<p>Wayfinding Is this the path? Is anything in the way? Wayfinding is navigating doorways and fixed obstacles. Moving around furniture. Do you find yourself looking first then feeling second? Around home. /3</p>		<p>Wayfinding Is this the path? Is anything in the way? Wayfinding is navigating doorways and fixed obstacles. Moving around furniture. Do you find yourself looking first then feeling second? Around home. /3</p>	<p>Out and about. Are you navigating poles and doorways? Using vision first then feeling? Or feeling first then checking with vision? /3</p>
<p>Recognising moving parts Is there traffic? Who is around? Do I seek or avoid them? Are you recognising someone is there but relying on hearing? At home. /3</p>		<p>Recognising moving parts Is there traffic? Who is around? Do I seek or avoid them? Are you recognising someone is there but relying on hearing? At home. /3</p>	<p>When crossing roads are you predominantly relying on hearing then checking with vision? Or seeing first? /3</p>
<p>Finding things What am I looking for? How do I find it? Are you using your vision first then touching second to find things? Or touching/feeling first then using vision to find things? At home? /3</p>		<p>Finding things What am I looking for? How do I find it? Are you using your vision first then touching second to find things? Or touching/feeling first then using vision to find things? At home? /3</p>	<p>When you're out and about. Do you find what you want with mobility? Is it hit and miss? Do you ask for directions? /3</p>
<p>ECS=O&M Environmental Complexity Scale: 1=uninhabited level; 2=uninhabited steps obstacles; 3=pedestrian-paced clear; 4=pedestrian-paced crowded; 5=traffic controlled; 6=traffic uncontrolled. Aids: NA=No aid; SG=sighted guide; dog=dog guide; LC=long cane; SC=support cane; ID=identification cane; PC=power chair; MWC=manual wheelchair; Sc=motorised mobility scooter; MG=miniguide; GPS=global positioning system (e.g. Trekker Breeze); Ph=phone</p>			

4. Part B: This one is more visually focused.

VROOM Part B Wellbeing	Score together from observations and discussion about activities within the past month	Comments & Score
Reading (acuity) while you're moving, out and about	0 I have no useful vision for recognising objects or reading text 1 If I'm close enough, I can identify large signs (eg, STOP) by text, size, shape, or colour 2 I can sometimes see a favourite toy, or read signs, or vehicle number plates 3 I can distinguish between products, looking at text or packaging (eg, shampoo/conditioner) 4 I can identify tiny things (eg, Lego blocks) or read regular print (eg, letters, N12)	/4
Visual certainty (reliability) This is not about how much vision you have, it's about its reliability... Whether it plays tricks on you?	0 My vision is never useful when I'm moving around; too little, too late 1 I can't rely on my vision when I'm doing things 2 My vision causes hesitation; it undermines my confidence when I'm moving 3 My vision has its limitations, but I know how to work with it 4 My vision is reliable for travel; I don't have to think about it much	/4
Mobility aids (beyond home) Guide is a sighted guide	0 I use non-visual skills (guide/cane/dog) beyond home – my vision is useless 1 I rely on my guide/cane/dog beyond home – vision provides some extra information 2 I use a guide, cane or dog with my low vision – the need can vary in different conditions 3 I can go without, but a mobility aid gives confidence, relieves fatigue, expands my options 4 My vision is good enough for travel – I don't need a mobility aid	/4
People	0 I can't see people's shapes or movement; or see if a conversation partner moves away 1 I can see a body moving past, but I can't tell who it is; I sometimes collide 2 I can recognise people by their shape, colours, size or gait; I usually avoid collisions 3 I can see faces, but not details; I do miss some social cues 4 I can recognise faces, read facial expressions and social cues	/4
Visual Pleasure It's not what you love looking at, it's how looking at things make you feel.	0 My vision is un-motivating; it rarely or never prompts a closer look 1 My vision is frustrating, often more trouble than it is worth 2 My vision is useful for some things, but not for others 3 I can see interesting things; it is usually worth the time it takes to look 4 I can see engaging things that give me joy	/4
Comments Now we have baseline scores of OMO 39/50 and VROOM 29/50 for daytime travel. We have a number out of 50 that enables us to make comparisons that reflect your actual capability: before/after training, day/night, urban/bushland, familiar/unfamiliar environments.		
Part A: ____/30 Part B: ____/20 Total Score: ____/50		