ROO&MMing with Lil

Episode8

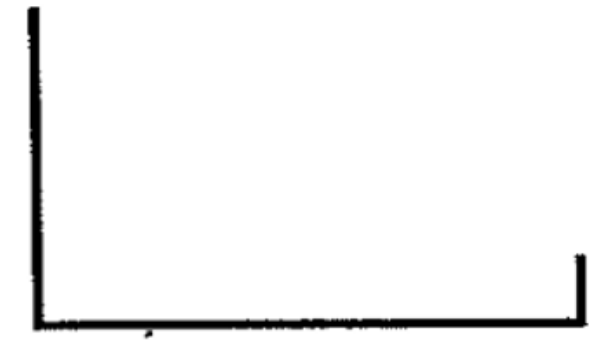
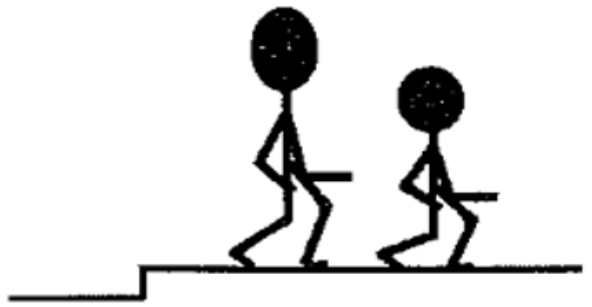
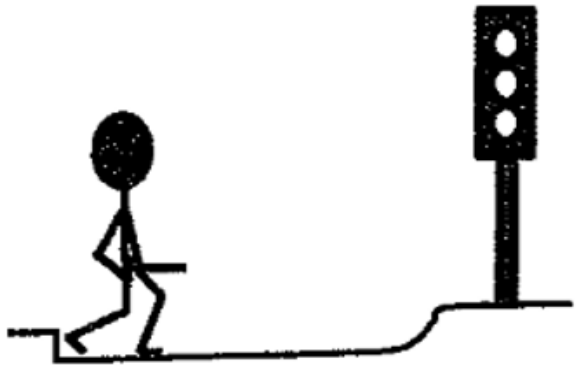
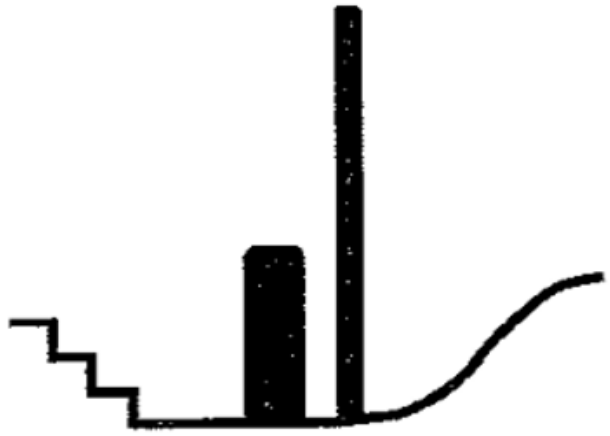
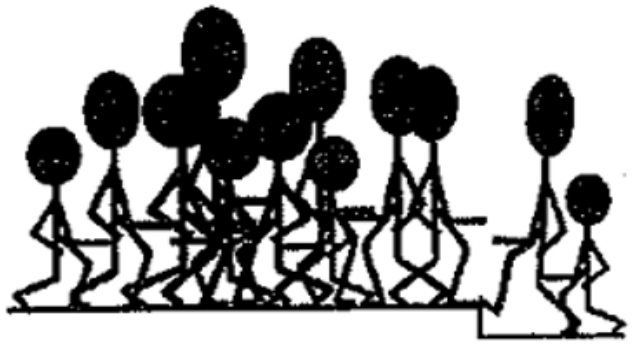
Choosing environmental complexity in VROOM and OMO assessments

lil@deverell.net

Introduction to Episode 8

- Orientation and Mobility (O&M) specialists need to think about environmental complexity to build a client's capacity and confidence in community travel.
- We need to sequence assessment and instruction from simple to complex environments.
- Environmental purpose (residential, semi-business, business) is not the same as environmental complexity.
  - Crossing at the traffic lights in the city can be easier than crossing an uncontrolled residential road.
- The O&M Environmental Complexity Scale provides a way to sort any environment in the world into one of 6 levels.

O&M Environmental Complexity Scale

	Static, uninhabited	Dynamic, social	
	No movement; predictable	Pedestrian-paced	Traffic-paced
Simple	Level 1 	Level 3 	Level 5 
Complex	Level 2 	Level 4 	Level 6

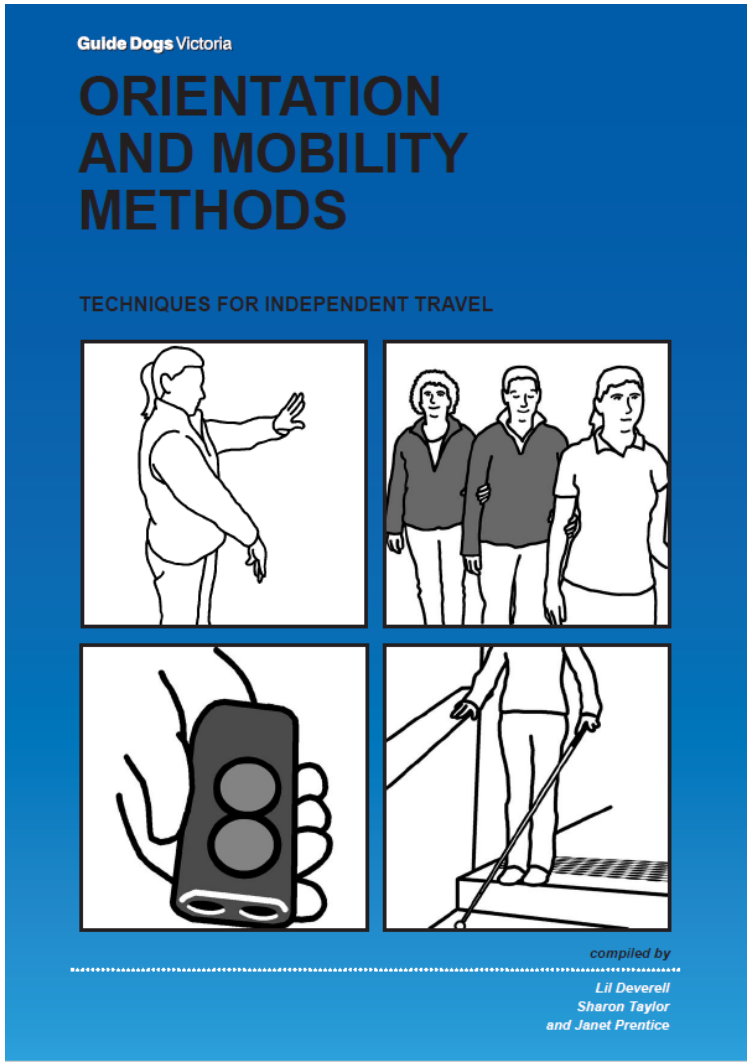
Busy laneway

- Narrow crossing but…
- Continual traffic, delivery vans, faster than pedestrian-pace
- No infrastructure to support crossing decisions:
  - no traffic lights
  - no zebra crossings
  - no lines and signs
  - no islands
  - no chicanes
- Onus is on the pedestrian to make safe traffic judgements
- ECS Level 6!
  - if traffic is pedestrian-paced, the lane would be ECS Level 4

An aside…

- In Episode 5, Erica said she could recognise people by their gait
- Movement helps with recognition
- Erica's VROOM score was 29/50 – Formwork
- She can see outlines, but not internal details

- Can you recognise any O&M specialists who worked at Guide Dogs Victoria in 2009, from their line drawings in O&M Methods?…



Royal Easter Show

- Crazy crowds
  - ECS level 4 – cluttered, pedestrian-paced
  - people milling in all directions; queues blocking the path
  - any car coming through is pedestrian-paced
  - continual decision making in wayfinding, deciding to go left or right of oncoming pedestrians, need to use manners
  - it's exhausting!
- Crossing the central arena
  - ECS level 6 – faster than pedestrian paced, uncontrolled traffic
  - racecourse with horses; monster truck demonstrations
  - no infrastructure to guide crossing decisions – guess and go (ie, use scanning, time-distance traffic judgements, clear body language)

Clifftop in Black Rock

7am any day

- Bush path
  - ECS level 3 – clear, pedestrian-paced
  - no bikes allowed
  - few pedestrians & dogs on leashes
- Shared path –pedestrians and bikes
  - ECS level 5 – fast, controlled traffic
  - few cyclists give way to pedestrians
  - little traffic
- Beach Road, mid block
  - ECS level 6 – fast, uncontrolled traffic
  - MAMILs (middle aged men in lycra) cyclists travel in packs, seeking coffee

Midday on the weekends

- Bush path
  - ECS level 4 – cluttered, pedestrian-paced
  - a zillion pedestrians in lycra; dog walkers
- Shared path
  - ECS level 5 – fast, controlled traffic
  - few cyclists give way to pedestrians
- Beach Road, mid block
  - ECS level 6 – fast, uncontrolled traffic
  - MAMIL cyclists, as singles or packs
  - constant stream of cars, some trucks

Elderly man in a nursing home

- Bedroom to en-suite bathroom:
  - ECS level 2 – uninhabited with obstacles
  - furniture, doorway
- Bedroom to dining room:
  - ECS level 4 – cluttered pedestrian environment
  - corridor clutter: Zimmer frames, wheelie walkers, walking sticks, commodes
  - tables & chairs, other residents
- Outdoor paths around nursing home:
  - ECS level 3 – clear, pedestrian-paced
  - few pedestrians, little traffic in car park (max 5 kmh)

Supermarket and Bunnings (big box hardware)

- ECS level 3 or 4 (depends how busy)
- Orderly numbered aisles; end aisle displays
- Some obstacle display
- Customer service desk; meet and greet
- Staff in uniforms
- Customer queues

Planning ordinary VROOM and OMO assessments

- Skills required for different environments are cumulative across the 6 levels of complexity (eg, assume level 5 has skills for levels 1-4)
- Choose 2 different levels of environmental complexity
- Compare, looking for patterns/habits in behaviour and exceptions, between two environments
  - simple v complex
  - static v dynamic
  - stable v unpredictable
  - familiar v unfamiliar
  - controlled v uncontrolled
- Bookend the client's capability, easy and challenging, eg:
  - Home (ECS 2, 3 or 4) v shops (ECS 3&4) & road crossings (ECS 5&6)
  - Empty school classrooms/corridors/playground (ECS 2 or 3) v lunchtime chaos (ECS 4)
  - Office workplace (ECS 3 or 4) v out to lunch with road crossings (ECS 5 or 6)

Framing the assessment challenge

- Choose 3 tasks/goals per environment
- Look at client's incidental mobility, not just route travel
  - Freedom of movement
  - Sticking to a path or departing from the tracks?
  - Orientation skills/strategies
  - Dealing with unpredictable events
- Choose tasks that require precision, visual acuity, asking for assistance
  - Is the client resourceful in meeting the brief?
  - Does the client use self talk to navigate the process?
- Assess memory for instructions, planning, sequencing, self-regulation
- Ask about anything curious; find out what is normal for the client

Thanks Podcast Pals!

from Guide Dogs NSW/ACT:

- Jo Anson-Smith
- Amy McKibbins
- Tayler McBrien
- Zoe Gephart

Contacts / Resources

- VROOM (vision) and OMO (O&M) functional assessment tools

  www.lildeverell.net/resources/vroom-and-omo-tools/

- Links and PowerPoint slides for *RO&Ming with Lil*

  www.lildeverell.net/resources/roaming-with-lil/

- To discuss VROOM and OMO, offer feedback, suggest a topic, or record an episode together:

Email: lil@deverell.net
Mobile: +61 418 370 312

Credits

- Music
  - *Happy Stroll*, a royalty-free download from Purple Planet Music
- Graphics created by Lil Deverell with
  - PhotoShop lessons and technotherapy from Erin Deverell
  - Photos from
    - An amateur drone photographer from Cornwall, flying over a spaghetti junction in Birmingham (royalty-free)
    - Christine Darwood, a wildlife spotter in the ACT who snapped our sprightly echidna crossing the road (used with permission)
    - Rob Keating, a Canberra-based photographer, who found a weathered wombat crossing the road (purchased from https://keatingmedia.com.au)