

NO MORE EXCUSES!

A powerchair (not Manual) or scooter is not an instrument of torture. (Although a manual chair can be!) Using a powerchair or scooter **will not** make you look stupid – at least not as much as pretending you don't need one while taking pain meds and stumbling around, falling down, requiring surgery on hands, elbows, shoulders, knees, etc.

Using a powerchair or scooter **will** give you more energy because you won't be using all your energy in trying to accomplish the impossible (i.e. – looking like you don't need one). Using a powerchair or scooter **will** actually be more freeing. You will have the freedom to go where ever you want, without having to have someone chained to you to push you here and there – and then go off to look at something else that interests them and leave you stranded. (Been there, done that!)

Using a powerchair or scooter **will** relieve the strain on overtaxed shoulder muscles and joints that were never meant to be walked on in the first place, thereby eliminating much of the unnecessary surgeries which, by the way, **will not** last unless you change the way you do things. You may also find that you don't need as much or any of the pain meds.

Using a powerchair or scooter **will** show that you are winning the battle! But you need to define your battles. You already had polio. No way to change that. You are having post-polio sequelae. Another done deal. These are battles people frequently think that they need to fight against, but there is no way to win here. It's happening. Live with it. But the battle you **can** win is the battle for independence! You can be your own person again. It has been said, "Fight only the battles you can win". Living life on your own terms is possible only if you have the stamina, the balance, and the heart for it. . . we are polio **survivors!** What we don't have are the balance and the stamina. A powerchair or scooter can help.

Do you always walk to the grocery store 5 miles away? Do you walk to work? To Church? Of course not! You use the technology available to you – a car or public transportation. Do you mix your cake batter with a spoon? Or do you use an electric mixer? These are devices that help to make our lives easier. So are powerchairs and scooters. You are not giving in. . . you're stepping up to an easier way of doing things. And Boy! Are they ever fun!

If you are thinking about it, it is probably past time to do it. And the sooner you start using a power mobility aid, the longer you might retain the ability to walk and the easier it will be on your arms and shoulders in the long run. **I wish you well.**

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FECPPSG Editor's Note:- As most of you know, I use a scooter – in fact, I'm on my third Electric Mobility Rascal. Whenever I see a polio (or other mobility impaired individual) that should be in a powerchair or scooter I cringe. If I question them as to why they're not using a powerchair or scooter, they're answer is usually that they don't need it – they aren't that bad. Hopefully, this article will help some realize that using such an aid will open many doors that have been closed to them – such as going to the mall, going to theme parks, taking a "walk" with the grandchildren.... Please, if you need a powerchair or scooter, look into getting one.