



January 2025

Winter Weather Wheelchair Tips



Tire traction matters: Make sure your wheelchair tires have enough tread for traction on slippery surfaces. For even better grip, consider winter-specific tires or tire covers designed for snowy and icy conditions.

Keep it dry: Moisture can cause issues like freezing components. Use water-resistant covers when heading outdoors and wipe down your wheelchair when you come inside. Keeping it dry ensures smooth operation even in harsh conditions.

Layer up for warmth: Staying warm is crucial during winter outings. Dress in layers to regulate body temperature, and don't forget a good pair of gloves to protect your hands from the cold. A cozy blanket or lap robe can provide extra warmth.

Anticipate changes in terrain: Winter weather can transform familiar terrain. Be cautious and anticipate changes in surface conditions, such as patches of ice or compacted snow. Slow down when approaching potential hazards to maintain control.

Carry essential supplies: Pack a small emergency kit with essentials like hand warmers, a compact tire pump, and even a flashlight. These items can be invaluable in unexpected situations and provide peace of mind during winter outings.

Indoor strategies: When indoors, be mindful of wet or slippery surfaces. Keep entryways clear of snow and moisture to prevent accidents. Consider using non-slip mats and rugs to enhance traction.

Happy New Year 2025

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appointment with our SHIP counselors

Winter is coming! To check on weather cancellations,
please visit MilestonesAAA.org or our Facebook page.

THE ANSWERS YOU *Need*

The Milestones Information & Assistance (I&A) program provides a one-call destination to address the needs of older adults and adults living with disabilities. Assistance is a just a phone call away!

How Can We Help?
(855) 410-6222
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