

Screening a Potential Zeen User

When it comes to qualifying an individual for their success with a Zeen there are a few questions that can help you identify if this device would benefit the person. In some cases, they might have to work up to the strength needed, but it gives them something to strive towards to gain better mobility.

1. Tell me how you currently get around. Do you use a walker or other type of assistive device? Are there any problems with that device?

This question helps better understand their current mobility challenges and how they are thinking about their current device.

2. Are you currently able to stand and walk short distances (10') with or without assistance or a device?

If they cannot walk currently, they will be challenged out of the gate with the strength needed to propel the Zeen forward. This doesn't mean that it isn't a good fit. The Zeen may first function as a therapy tool to build the necessary strength in their legs and core with the long-term goal of independent use and movement.

3. If you are currently not able to stand and walk a short distance – when did you last stand and walk?

The time it has been since the individual last stood or walked will give insight into how long the Zeen will be a therapeutic tool before being an independent tool. Reinforcing the therapeutic benefits of standing and weight-bearing and the drive to be consistent with exercise will help determine if this individual will benefit from the Zeen. A good rule of thumb for time from therapeutic tool to independence is whatever the length of time is since last standing and walking will be about how long the person will need to be consistently exercising in the Zeen to get to independence (e.g. – 1 year since they last stood/walked = 1 year of consistent exercise and Zeen use before comfortably walking independently with the Zeen).

4. If not able to stand/walk - in a sitting position, are you able to kick your leg to fully straighten your knee? Do you currently do seated leg exercises regularly to help maintain your leg strength?

Gives more intel on how close they are to being able to walk in the Zeen vs. using it to develop their strength to walk. The person who is consistently exercising their legs in a seated position will most likely gain the ability to walk in the Zeen faster than the person who has not been exercising. Keep in mind, that there are a multitude of health benefits that standing safely in the Zeen provides.

5. What are the goals of the individual?

Helping the individual recognize their current abilities and setting realistic goals is essential. The person who hasn't been standing/walking and views videos of others moving easily with the Zeen may form the impression that they will be able to do the same from the moment the Zeen is out of the box. If the individual has not been standing/walking and has not been regularly exercising their legs in a seated or lying position, they will most likely not hop on the Zeen and start walking/Zeening. If the individual has a **strong desire** to achieve independence with walking, it will be beneficial to help them break down the steps necessary to achieve that goal and have realistic expectations about the time and effort that will be required.

6. Do they live independently?

For an individual living independently, consider their ability to fold and lift the Zeen into a vehicle to use outside the home. If they live with someone – consider if it is practical for either person to lift the Zeen into a vehicle. Recommend the Trunk Lift Straps to aid in the amount of weight the individual or helper is lifting. As with using the Zeen, practicing loading/unloading and consistently exercising makes for a stronger, more independent user.

7. Do you have moderate grip strength in at least one hand? (If they aren't sure what "moderate" means – can they crush an empty plastic water bottle by squeezing it or create a tight fist.)

Grip strength in at least one hand is necessary to activate the lift mechanism and the brakes. If the individual has strength in only one hand, a one-handed control Zeen is recommended.

8. Are you working with a physical therapist? Or are you open to enlisting the services of a physical therapist?

Individuals' strength and balance can greatly affect their ability to take full advantage of the Zeen's benefits. A therapist can help in these areas and sometimes is needed to get a user to the point of being able to walk in the unit. Building strength, balance and endurance and making best use of the Zeen are great reasons to work with a PT or OT.

Home Environment

- 9. What type of floors do you have? (Best on tile, wood, and smooth surfaces. Carpet – especially high pile carpet will make moving with the Zeen more difficult)**

Understanding the individual's home environment and where they intend to use the Zeen will be useful in determining if they will have success. A home with a high pile carpet throughout creates more resistance and the Zeen will be harder to move. Smooth surfaces are ideal. For the individual planning to use the Zeen outdoors, paved surfaces are best. Remind the outdoor user that feet should be in contact with the ground at all times and navigating bumpy terrain, sloped surfaces, and curbs will be dependent upon each individual's strength and balance.

- 10. The Zeen is 25.5" wide – how wide are your hallways and doorways?**

The Zeen was built within the specs of a standard wheelchair. It will fit through doorways that are of current-day code standards. If they currently use a wheelchair or walker in their home, the Zeen takes up a similar amount of space.

For individuals who live in older homes, doorways may be narrower than current standards of 27". Also, ask about furniture arrangement. If there is a lot of furniture in a small space, that may limit the ability to navigate the Zeen in the home.

- 11. Are there any steps inside the home – specifically, are there steps to move from one room to another on the main floor of the house? (a single step can be navigated in the Zeen IF the person has sufficient strength and balance.)**

Steps can pose a problem for any individual with mobility challenges. If there is a step from one room to another, this step will only be navigable with the Zeen if the individual has the strength and balance to ascend the stair. Check out **video 15b – "Up/down Curb or Single Step"** on the [Training](#) page of our website to help assess if the individual has the strength and balance to navigate the step.