

Daily Mobility Support Checklist

ThrivePT Academy

Educational Resource for Caregivers & Older Adults

Daily Check

- Proper footwear worn
- Assistive device within reach
- Clear walking paths

Caregiver Reminders

- Encourage regular movement breaks
- Monitor fatigue and safety

Disclaimer: This guide is for educational purposes only and does not replace medical advice. No patient-provider relationship is established through use of this material.