



Your trusted team for quality home support

Flexible Reliable Caring Positive  
Professional Trusted Personal Honest  
Quality Trained Listening Support

## Getting Out and About

Being able to enjoy the outdoors is something we take for granted, but for many of our clients getting outside can prove to be a real challenge.

Arthur, who lives with his wife and his Canine Partners dog Daxi, adores the countryside and has a vast knowledge of plants, animals and birds. Arthur has MS and is confined to a wheelchair, so to get outside on his own is simply impossible.

Now, with support from DoCare, the outdoors are no longer beyond Arthur's reach, and his life has been hugely enriched as a result. Arthur has a tramper – a type of off-road wheelchair – which DoCare can assist him into, then we all head off for the great outdoors: Arthur, his beloved dog Daxi, his neighbour's dog Pirate, and a DoCare support worker. The benefit that Arthur gets from these walks is immeasurable. The effort involved in using the tramper helps Arthur with his core strength and digestion, so it is great for his physical wellbeing. But, just as importantly, it really boosts his morale. He says the walks help him to "keep everything in proportion" and help his mental wellbeing.

We all benefit from our outings. Arthur is incredibly knowledgeable, and shares his love of the countryside with us, and as the seasons change there is always something new to see. Arthur chats about what he knows, and as we walk we collect fallen branches and wood which are then stored and used in his wood burner.

Arthur's highlight is watching Daxi running freely. Daxi belongs to Canine Partners and is an assistance dog who helps Arthur with many day-to-day tasks, so this is downtime for Daxi, who can relax as he is off-duty.

These countryside walks, and other outings which we help Arthur with – to the shops, or appointments – add interest to his life and hugely help maintain his physical and mental wellbeing. And our DoCare team get a bit more fresh air and exercise too!

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