

- "Plopping down"
- Mental tension from trying to be safe
- Learn more about
 - Go to chair Yoga with Carolee?
 - Carolee Moving to power wheel chair at some point
- Nu Motion - power chair provider in area
 - Go to facility in Edmonds
 - \$12-40k is power wheel chair
 - Are there adaptations?
 - Are they height adjustable?
 - Heather (blonde instructor) is physical therapist for 15 years, PhD in disability studies
 - Contact freedom chair person
- Core strength harness
- Ideas of directions for project
 - Help transfer
 - Help with freedom chair
 - Move more easily around kitchen or bathroom
 - Have Carolee rate these on her excitement level (1-5)
 - How applicable are these to other people?