**Orientation & Mobility Week 1 Lesson Plan**

**Route Patterns (I, L, U, & Z)**

**Objective:**  To review and reinforce the 4 basic route patterns that aid in navigation in both indoor and outdoor settings. The learner will then be able to utilize the concept of route patterns to navigate a specific route and retrace the route in reverse to return to the starting location more accurately.

**Discussing the Route Patterns**

* When introducing the traveler to the types of route patterns begin with the “I” route and explain that it is a route that travels in a straight line and has no turns. Returning to the starting location requires the traveler to simply turn around and reverse their direction of travel.
* The second route pattern is the “L” route which is a route that has one turn to the right or left. Returning to the staring location will require the traveler to invert the turn in the route. (e.g. If a route requires and left turn to complete, the return route would require a right turn.)
* The third route pattern is the “U” route which is a route that has two turn in the same direction. Returning to the starting location requires the traveler to invert both turns.
* The final route pattern is the “Z” route which is a route that has one turn in each direction. Returning to the starting location does not require the traveler to invert any directions as the turns remain in the same order.
* Each of these routes can be reinforced by creating a tactile map for the traveler to feel while you are explaining them to illustrate the concept better
* Review the various patterns and ensure the traveler knows the difference between the routes and how to travel their respective return routes.

**Practice the Routes**

This lesson can be performed indoors, but it is recommended to also practice it outdoors (if possible, given the current health situation) to ensure that the concept is being generalized to other travel situation.

* Begin practicing the routes in the same order in which they were discussed (I, U, L, Z) by determining a starting location that the traveler can easily identify using surrounding landmarks and environmental clues. This will be referred to as home base for the remainder of the lesson. (Again these routes, along with the landmarks and clues that will be encountered can be reinforced by using a tactile map to preview the route before traveling.)
* Once a home base is established, guide the traveler a destination that requires an “I” route. While traveling to the destination identify landmarks or clues that the traveler will encounter along the way. Return to home base, again identifying the landmarks and clues to ensure the traveler is on the correct path. Allow the traveler to navigate the same route independently. Assist where needed.
* Continue the process with the final three routes following the same formula of traveling to a destination, locating landmarks/clues along the way, and returning to home base. Then allowing the traveler to navigate the route independently. (NOTE: The “Z” route may require a street crossing to complete. Assist the traveler during this section of the route to maintain their safety or avoid the crossing and explain how the route would be completed. All other routes can be completed on the same block without street crossings.)
* While traveling these routes ensure that the traveler is utilizing proper cane technique and maintaining his/her safety. Cane should be positioned at midline and extended in front of their body. The travel should swing the cane with every step taken with the cane tip opposite of the stepping foot. The width of the swing should be just beyond each shoulder. (NOTE: It is okay if the swings are slightly wider, but the traveler will have to compensate by increasing the speed of the swing to match the walking pace of slow the walking pace to match the swing of the cane.)

**Reference Videos**

Please refer to the following videos to provide more details on creating/using tactile maps, constant contact technique, residential landmarks, and cane technique on the stairs if the routes happen to encounter any stairs.

<http://parentmobility.com/index.php/mapping-introduction/>

<http://parentmobility.com/index.php/constant-contact-cane-technique/>

<http://parentmobility.com/index.php/residential-area-features/>

<http://parentmobility.com/index.php/cane-technique-with-stairs/>