

## Step by Step: Systematic Cane Instruction Workshop

### Worksheet

*Instructions: Watch the recording of the [workshop](#) and fill in notes where it is indicated. Instructions for the quiz are at the end of this handout.*

### Motivation

- Intrinsic vs. extrinsic (note – what is the effect of extrinsic motivation?)
- Meet strong emotional need for which they are seeking solution
- Factors:
  - Goal Clarity
  - Guarantee of a Chance
  - Learner has agency
  - Limitation of Action
  - Obstacles – challenging but surmountable and enjoyable
  - Tangible Determination of Progress ("progress bar")
  - Sense of Mastery
  - Sense of Accomplishment

### Stages of Learning to Use a Cane on Level Ground

**Stage 1 – Beginner: Student is learning how to move the cane correctly.**

1. **Assessment:** How do you recognize someone is in Stage 1? (fill in)
2. **Expectations:** What to expect of students in this stage? What do we not expect? (fill in)
3. **To progress to next stage, student needs:** (fill in)
4. **Principles of Teaching:**
  - Appropriate feedback - more in beginning, then less (too much can impede learning)
  - Timing of sessions for cane instruction (note: what is recommended?)

- “Interference” of skills:
  - Instruction in more than one similar task can impede acquisition so that overnight improvement in accuracy only occurred for the second sequence, and not the first.
  - When you observe interference, focus on a single skill or subset of a skill and wait until another day to practice other (similar) skills.
- **Motivation Considerations:** (How might you help students understand how they’ve progressed toward their goal of learning to use the cane?)
- **Should you blindfold student for this training?**

**Stage 2 - Concentration:** Student can maintain the correct cane technique without correction but only when concentrating

1. **Assessment:** How do you recognize someone is in Stage 1? (fill in)
2. **Expectations:** What to expect of students in this stage? What do we not expect? (fill in)
3. **To progress to next stage, student needs:** (fill in)

**Stage 3 – Consolidation:** student can maintain the correct cane technique without conscious concentration, even when distracted

1. **Assessment:** How do you recognize someone is in Stage 1? (fill in)
2. **Expectations:** What to expect of students in this stage? What do we not expect? (fill in)
3. **To progress to next stage, student needs:** (fill in)

**Stage 4 – Proficiency:** Student moves the cane correctly without having to concentrate AND notices when the cane contacts any unexpected drop-offs or obstacles.

**NOTE:** This is the first stage when we can expect that students can reliably use cane information to travel safely

**Strategies for teaching cane skills (list anything that is useful from this segment of the workshop)**

## **QUIZ**

To take the quiz, contact Dona Sauerburger at [Dona@Sauerburger.org](mailto:Dona@Sauerburger.org) to get the code and link.

There will be 11 questions in the quiz, one from each of the 11 bulleted areas listed below. To pass, correctly answer at least 9 of the 11 questions.

If you fail it, you will get a message telling you what you need to review, and you can take the quiz again after you watch the parts of the recording that cover the areas that you got wrong (links to each topic are listed at [www.sauerburger.org/caneworkshop](http://www.sauerburger.org/caneworkshop)). Caution: if you take the quiz again without reviewing what was recommended, you might be disqualified from getting credit for this workshop,

One question will come from each of the following topics:

1. Motivation
2. Strategies for teaching cane skills

*The question for this category will NOT ask about teaching cane techniques that are not considered standard, such as some of the stair techniques that participants shared.*

3. Did you watch the video?

*There will be one question to see if you watched the video, such as what Dona showed off wearing, what techniques or gadgets did some of the participants demonstrate, or what was written on the sign that someone held up.*

### **Stage 1 of learning the cane (Beginner):**

4. How to assess that the student is in this stage
5. What to expect of students in this stage
6. How to help your students progress to the next stage

### **Stage 2 of learning the cane (Concentration):**

7. How to assess that the student is in this stage
8. What to expect of students in this stage
9. How to help your students progress to the next stage

### **Stage 3 of learning the cane (Consolidation):**

10. How to assess that the student is in this stage
11. What to expect of students in this stage