

Do not use any walker on the stairs. It is unsafe. Please use elevator.

easily. throw rugs to prevent falls. Be careful

developed by the Canadian Association of Occupational Therapists and the University of Ottawa, Occupational Therapy Program with funding from the Public Health Agency of Canada.



Not medical advice: The information provided in this brochure is intended for educational purposes only. It is not and should not be taken as advice or treatment from a health professional. Never disregard professional health care advice or delay in seeking assistance because of something you have read in this manual.

For more information about Stable, Able and Strong (SAS) including the SAS Resource Database, please visit:

Stable, Able and Strong

A walker is a mobility aid that assists people who have trouble with balance, walking, strength or endurance. Using a walker will help you do day-to-day activities, allow you to be more independent, and give you confidence in your ability to walk. Walkers stability and support. It will allow you to take all or some of your weight off your leg(s) as you walk. What are they?

- and shoes with leather heels or soles
- Wear shoes with rubber soles.

- Ensure that loose carpet edges have been taped or nailed down.

Slippers slide off your feet and

- Other safety considerations: potentially caused a fall.

are free of clutter. Make sure the traffic areas and the floor

a walker will help ensure your safety. It will also allow you to ask any questions you may have about using the walker or obtaining assistance to purchase one. Walkers can be purchased at selected pharmacies and home health supply stores.

How do you get a walker? It is very important to get the most appropriate walker for you. Contact your local health care professional to have a walker prescribed properly. Your walker should be individualized and personalized. Consulting a health care professional (an occupational therapist or a physiotherapist) before purchasing Stable, Able and Strong was a post-fall support program that was

- Check the floor to be sure it is safe for using the walker. The floor must be clean, dry, and well lit. Remove all when walking on thick carpet as it can prevent the walker from moving



There are three types of walkers:

1. A Standard (“pickup”) walker has four solid legs and gives the most
2. A two-wheeled walker is not as stable as a ‘pick-up’ walker, but more stable than a rollator walker. It does not need to be picked up to move.
3. A Rollator walker has 4 wheels. This walker is useful if you need less support, but still need assistance with balance. This walker often has larger wheels, which makes it easier to use outdoors.

All walkers have a number of optional features, such as baskets, brakes or seats. This allows you to select a walker that meets your needs.

Why use a walker? Walkers are used when canes do not provide enough stability or support. They may be recommended for temporary use during rehabilitation or to help maintain your safety and activity on a regular basis. Walkers using a walker:

- To improve balance

- To reduce leg pain
- To decrease the load on one or both legs
- leg or footTo make up for weakness of the hip,

can be used indoors and outside in the community.

Here are some typical reasons for Why choose a walker over a cane?

- is balanced between both hands A walker provides more support that
- Walkers can be fitted with baskets tocarry items
- which allows you to rest if you

areWheeled walkers can include a seat

walking long distancesstanding for a

long period of time or

How do you use a walker? A walker should be selected with your abilities and needs in mind and adjusted to suit your height and weight. This includes ensuring that you have enough upper body strength, coordination,

Keep your back straight and look ahead as you walk. This allows you to see any obstacles that may be in your path.

and hand grip to be able to use a walker safely.

Keep the walker close to your body to ensure you have the benefit of its support.

Safety precautions:

- When standing up from a chair or

bedwith your walker, position

yourwalker in front of you and lock the

brakes. Push up from the bed or

chair; upright and ready to move. Keep

the brakes on with wheeled walkers until

you are completely the walker could tip if

you pull on it.

- After you stand up, wait a few seconds before you walk. This will give you time to adjust and allow any dizziness or light-headedness you may experience to clear away.
- Before sitting down, turn around, so the back of your legs touch the chair or bed. Keep the walker in front of you and lock the brakes on wheeled walkers before sitting. Put one hand down on the chair or bed as you sit.