



WALKER OPTIONS



IMAGINE

Would you like to find out more about walkers?

Do you require extra support or safety and stability when walking?

There are different types of walkers and a number of names used for walkers - these include hopper frame, rollator, wheelie-walker, and Zimmer frame.

It is important that the correct walker is selected to suit each person's goals, ability and requirements. The advice of a Physiotherapist or Occupational Therapist is valuable in selecting the most appropriate walker, and for advice on the correct adjustment and use.



SEEK

To find out more, you can...

Phone **LifeTec on 1300 854 3383** to discuss options and features with a health professional.

Visit a **LifeTec display centre** to view a selection of walkers and discuss types and features with LifeTec staff.

Speak to your Physiotherapist or Occupational Therapist to discuss your mobility requirements.

Use the National Equipment Database at **www.ilcaustralia.org.au** for further information on walkers.



CHOOSE



Static walkers (no wheels) are also known as a pick up or Zimmer frame. These provide a stable base of support and are usually picked up by the user to walk.



Mixed walkers can have two wheels at the front and two stoppers at the rear. They may suit an individual who has difficulty lifting the entire weight of the frame.



Three wheeled frames provide less stability than two or four wheeled frames but offer improved manoeuvrability especially in confined spaces.



Walker and Wheelchair combinations: Some walkers have the ability to be interchanged between a wheelchair and a walker by removing the leg rests.

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Live your Potential

www.lifetec.org.au



Four wheeled frames provide good stability although may be more difficult to manoeuvre in tight spaces compared with a three wheeled walker. Four Wheeled walkers can come with a seat to allow the user to rest for short periods. They can be folded for storage and transportation. They are generally designed for both indoor and outdoor use and feature either bicycle style handbrakes or push down brakes.



Forearm supports & alternate grips: also called gutter support walkers, they may be useful for individuals who have weak grip or pain in their hands. They provide greater support than standard walkers. The arm troughs allow the user to take greater weight through their arms.



Specialised walkers: This style of walker with multi wheels and U-shaped stable base may be suited for people with neurological conditions. The brakes work differently than standard walker brakes, as squeezing the grips releases the brakes and releasing the grip applies the brakes.

Visual cueing: This style of walker may also have the optional accessory of a laser light which can act as a visual cue to assist the user with stepping through or over the laser line and continue walking following a freezing episode.



Wheels: Smaller wheels are more suited to indoor use in comparison to larger wheels that are better able to cope with bumps and uneven surfaces. Steel or plastic wheels are more suited to indoor use. Rubber, micro cellular and pneumatic wheels may be more suitable for outside use.



LIVE

Considerations for using and living with your walker:

WHERE

- Where will walker be used? Will the walker fit through doorways and is there enough circulation space?
- Will having larger wheels make it easier to manage if the walker is to be used outdoors?

TRANSPORTABILITY

- Is the walker easy to fold and lift? How heavy is the walker?
- Will it fit in the boot of a car?
- Can it be used safely when using public transport?

FUNCTION

- Type of grip – alternate grips are available
- Type of brakes - cable brakes or push down
- Is a seat required?
- Is the seat the right height for transfers?
- Is the weight limit (load capacity) of the walker suitable for the person using it?

SET UP & TRAINING

- Assessment, set up and training is highly recommended
- Consult your Physiotherapist or Occupational Therapist for support with measurement and mobility advice

MAINTENANCE

- Repairs
- Expected life of product
- Warranty

LOOKS

- Appeal of the design
- Colours

ACCESSORIES

- Basket /Bag
- Tray
- O2 Cylinder

COST

- From under \$200 to over a thousand dollars

Contact details

- ➔ www.lifetec.org.au
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