

Information Sheet – Walkers

This sheet provides some useful information regarding walkers that you can use both inside and outside of your home.

You may wish to consider a walker if you are able to walk outside but you feel you need more support than a walking stick can provide.

1) Four wheeled walker

This type of walker has a sturdy frame, brakes and can be folded for storage or to put in a car.

It also has a seat that you can sit on for short periods.

This option may be good if you get short of breath and need to rest regularly.



2) Three wheeled walker

This type of walker is easier to manoeuvre and can navigate tight spaces.

They have a sturdy frame, brakes and can be folded for storage or to put in your car.

However, they don't usually have a seat and may not feel as sturdy.

These walkers can also be called 'Tri-walkers'.



Things to consider about a wheeled walker

- Ensure that the frame can safely support your weight by checking its 'Safe Working Load'.
- Ensure that the handles of the frame come up to the height required.
 - Make sure you have shoes on when setting the height.
 - You should not be stooping forwards to hold onto the handles.
- Ensure that the seat is wide enough for comfort.
- Ensure that you can sit on the seat with your feet touching the ground.
- Ensure that the walker fits through your doorways and that you (or your carer) are able to lift the walker over the threshold to your home.
- Check that you are able to use the braking mechanism.
- Ensure that you (or your carer) are able to fold & lift the walker into the back of the car.
 - A four wheeled walker may be heavier to lift in / out of a car.
- Ensure that you have somewhere safe to store the walker when not in use.
- If the walker has a bag, don't overload it with shopping as it may cause it to tip.

Where can I buy a walker?

Below are some suggested retailers online and local retailers but there are many others:

Manage at Home (Medequip):	www.manageathome.co.uk
Disability Resource Centre in Dunstable:	www.drcbeds.org.uk / 01582 470900
Care Co in Milton Keynes & Stevenage:	www.careco.co.uk / 01908 310770 & 01438 342440
Anglia Mobility in Bedford:	www.angliamobility.co.uk / 01234 273172
Dunstable Mobility:	www.dunstablemobility.com / 01582 281523

Disclaimer

It is entirely your decision whether to buy this piece of equipment. Any improper use of the equipment will be your responsibility.

Safety advice

Please ensure that you follow the manufacturer's instructions when using the walker.

If you need further assistance

If you are unsure and would feel you would like further advice from a Health or Social Care professional, please contact the number of the relevant team:

Bedfordshire		
ELFT	Community Therapies	0345 602 4064
Luton		
HCRG Care Group	Services include Intermediate Care & Rehabilitation	0300 247 0053
Milton Keynes		
Please speak to your GP regarding a referral to Community Physiotherapy Service.		

Disclaimer

The decision to purchase this piece of equipment is entirely yours.

By proceeding with purchase, you acknowledge that you will bear full responsibility for the maintenance of the equipment.

Ensure you use the equipment safely and in accordance with its instructions. any improper use of the equipment will solely be your responsibility.