



THE WALKER AND THE ROLLATOR

CAUTION

This sheet contains general recommendations and does not constitute a professional assessment.

Why use a walker or a rollator?

The walker is the most stable of all walking accessories. It helps prevent falls, place less weight on one leg or increase your tolerance for walking.

Who is it for?

The walker is recommended if you have difficulty keeping your balance, if you have pain in your legs or if you have decreased stamina.

Precautions

Wear well-fitted shoes with non-slip soles and good support.

Before using the walker, make sure it is properly opened (the push-button must be properly engaged).



Image taken from CSSS Cavendish

Before buying a rollator, make sure you can easily activate the brakes. When you walk, always be prepared to brake.

Never use the walker or the rollator in stairs.

How to choose a walker and a rollator

The two-wheel and two-ski walker

This walker can be pushed without lifting it. This allows you to walk naturally. It is suitable for getting around indoors and can be used outdoors over short distances.



The rollator

The rollator has four wheels and usually has a seat for resting. It is suitable for use outdoors.

Choose a rollator with two types of breaks:

- a brake you can block for parking the rollator;
- a hand-brake you press to slow down when going down a hill.



Many models are available. Make sure it is foldable. Weight may also be a factor if you need to store it in a car.

The wheel size may vary. **Caution! The greater the wheel size, the faster the rollator will accelerate.**

How to adjust your walker or your rollator

- Wear your usual shoes.
- When you stand with your back straight and your arms along your body, the handles of the walker should be at wrist height.



Image taken from CSSS Cavendish

How to use it

Sitting down on and getting up from a chair

- To sit down, back up until you feel the chair behind your knees. Then, hold on to the chair's armrests before you start lowering yourself onto the seat (do not hold on to the walker).

- To stand up, use the chair's armrests. Grab the walker only once you are upright. Be careful not to lean on one side of the walker only, as it could tip over.



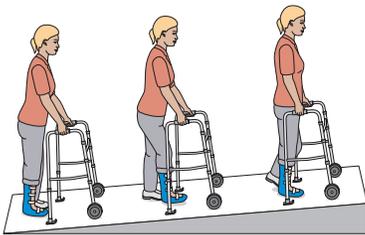
Sitting on the rollator's seat

- Always block the parking brake before you sit down on or get up from the rollator's seat.
- To sit down, turn your body to feel the seat of the rollator behind your knees. Extend your arms behind you to grab the handles of the rollator.



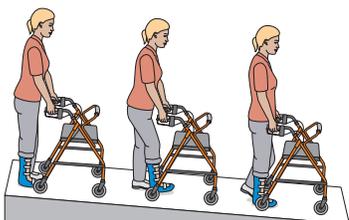
Walking on an inclined plane (access ramp) with a walker

- Going up and down an inclined plane with a walker requires good balance. The first few times, ask an attendant to stabilize the walker while ensuring you keep your balance. Consult a professional physiotherapist, as needed.



Walking on an inclined plane (access ramp) with a rollator

- Going up and down an inclined plane with a rollator requires good balance. Make sure you have enough balance. Consult a professional physiotherapist, as needed.
- When you go down an inclined plane with the rollator, you should slow down by pressing the hand brakes during the descent.



For your safety, you will need to adopt the following habits:

- Change your walker's rubber end pieces and skis as soon as they are worn out.
- Use a basket or tote bag designed for walkers; this is recommended to transport objects during your daily routine.

Programs to help you pay for your equipment

There are many programs that can help finance technical aids. Note that a medical prescription is usually required.

- Check whether your private insurance covers technical aids.
- You may be eligible for funding if you are a social assistance, CSST or SAAQ recipient. Check with your case worker.
- Equipment receipts can usually be included in the medical expenses section of your provincial and federal income tax returns. A medical prescription is required.
- Walkers and rollators may be provided by the Régie de l'assurance maladie du Québec (RAMQ). Criteria may apply. A professional evaluation in an authorized public health centre is required.

FOR PROFESSIONAL ADVICE

Consult a physiotherapy professional to have your abilities evaluated, for personalized advice about walking accessories or instructions on how to use them.

Be sure to talk to your physician about any difficulties that you are having during your daily activities!