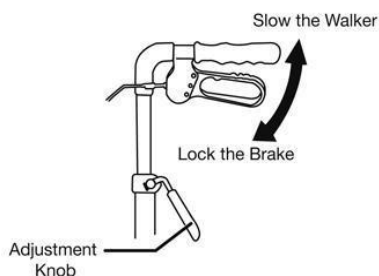


Independent Living Assistance

Using a four-wheeled walker

Walking

1. Stand upright, with your feet between the back wheels of the 4-wheeled walker
2. Put both hands on the handles
3. Get your balance
4. Unlock the brakes
5. Walk close to your 4-wheeled walker
6. To slow your walker on a slope, squeeze or pull up on the brakes (see diagram below)
7. Walk with your back as straight as possible. Look forward and not at your feet



Turning

1. Hold onto the hand grips of your 4-wheeled walker
2. Slowly move your walker as you step and turn in a large arc
3. Keep your feet between the wheels, take small steps when turning so you do not twist your leg

Sitting down on a chair

1. Get close to the chair. Walk backwards using your walker until you can feel the chair touch the back of your legs
2. Lock the brakes
3. Reach back and put both hands on the armrests or seat of the chair
4. Lean forward, poke your bottom out and slowly lower yourself into the chair



Standing up from a chair

1. To get out of a chair, place your 4-wheeled walker in front of you
2. Lock the brakes
3. Move yourself closer to the edge of the chair
4. Pull feet back, push down on chair's armrests, lean slightly forward. Push up through arm rests.
5. Put your hands on the hand grips
6. Get your balance before you move

Note: Do not use the handles of the 4-wheeled walker to stand up as it may tip / overbalance.

Sitting down on the seat of a 4-wheeled walker

1. If you can, put your walker against a fixed object like a wall
2. Lock the brakes
3. Turn around so your walker is behind you
4. Reach behind for the handgrips of the 4-wheeled walker
5. Sit down slowly

Standing up from the seat

1. Lock the brakes
2. Push down on the hand grips and lean slightly forward
3. Push yourself up
4. Get your balance
5. Turn around slowly so you are facing your walker. Use the hand grips for support

Getting up a step with your 4-wheeled walker

1. Walk up to the step and butt the walker's front wheels up to the riser of the step
2. Lift the 4-wheeled walker by the backrest and slide forward until back wheels butts the stair riser
3. Lock brakes
4. Step forward so your feet are as close to the stair riser as possible
5. Lift back wheels and place them on top of the step
6. Step up (strongest leg first)
7. Get your balance
8. Unlock brakes and move off

Getting down a step with your 4-wheeled walker

1. Walk up to the step and move the front two wheels over the step edge onto the floor below
2. Move with the walker until feet are at the edge of the step
3. Lock breaks
4. Lift the back two wheels onto the floor so the walker is level.
5. Step down whilst holding onto the walker
6. Get your balance
7. Unlock the breaks and move off

Information and support

Through **My Aged Care** it is possible for older people to access Australian Government-subsidised services including occupational therapist assessment and advice, and equipment. For further information and to check eligibility, call 1800 000 422 or visit www.myagedcare.gov.au/.

People under the age of 65 with a permanent disability who are **National Disability Insurance Scheme (NDIS)** participants may be eligible for therapy and training supports by an occupational therapist. If they have Assistive Technology or Consumables funding approval they may be eligible for mobility equipment that is deemed necessary.

Catalyst Foundation (including Seniors Information Service) can help you to access useful resources and to locate service providers and equipment suppliers. Tel. (08) 8168 8776 or email information@catalystfoundation.com.au.

The information contained here is general in nature and is not intended as specific advice.

Catalyst Foundation is supported by the Australian Government Department of Health and Aged Care. Visit the website www.sa.health.gov.au for more information. Although funding for this publication has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government.

Reviewed March 2024