

Carers Information Card - How to safely assist a person to walk

When assisting without an aid:

1. Provide light assistance only.
2. Do not pull, push or hold the person.
3. Always stand on the persons' stronger side.
4. Prompt the person to push their hand and elbow into your hands for support.



When assisting with an aid:

1. A walking stick is NOT always appropriate – check with a physiotherapist
2. The aid should be held in the hand of the person's strongest side.
3. You should stand by the person's other side.

Safety Tips:

- Ensure walkways are free of any tripping hazards
- Rest areas as required
- Be aware of any long or loose clothing that the person may trip on.
- Never try to stop a fall as you may injure yourself rather than helping the person

Remember – If you notice that the person is unstable or has difficulty walking, let the physiotherapist, doctor or nurse know at the next visit.

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Purpose: To provide information that reinforces the education provided by nursing or support staff to assist carers to assist a person to walk safely without injury to either themselves or the patient.

Note:

1. If you don't feel confident, have any difficulty assisting with this or have any concerns, please let nursing or support staff know.
2. If you notice that the person is unstable or has difficulty walking, let the doctor or nurse know at the next visit.

Please contact: The Community Palliative Care Service if you have any concerns.

Further information: www.caresearch.com.au

Acknowledgements: Occupational Therapy Department - Swan Hill District Health

Disclaimer: The Community Palliative Care Service and all persons involved in producing this information sheet will not be held responsible for any adverse event or loss from the implementation of all or part of this information. All reasonable efforts will be made to ensure that the item this information sheet pertains to, is maintained to a high safety standard.

Please return this card to the Community Palliative Care Service when no longer required.