

**General Advice:** These instructions are to be used in conjunction with the information your Health Professional has discussed with you. All equipment is to be used following the manufacturers weight recommendations. If you are unsure on how to use or fit a piece of equipment, please contact your Allied Health Professional.

## Rollator Use

- A rollator (sometimes called a 4 wheeled walker) is a mobility device with 4 wheels to assist with easy maneuverability, a brake system, a basket and seat. It allows users with balance or stability issues to walk safely

## Safety

1. Ensure the user is cognitively able to understand the application of the brakes whenever the user sits or stands from the rollator. If there are safety concerns with the use of the walker please contact your Healthcare Professional
2. Ensure the rollator seat is not too low for the user when they sit down and stand up from it. While seated their feet should always be in contact with the floor
3. When seated off your rollator on a chair etc do not use the rollator to pull yourself up to standing as it may tip over. Always push yourself up from where you are seated to the rollator in front of you
4. Consult a Healthcare Professional or Healthcare Professional if you are concerned with ensuring that the frame is adjusted to the appropriate height and the correct walking technique is being used
5. If putting the rollator in a vehicle, ensure that the person required to do this can do it safely. If you have difficulty putting the rollator in a vehicle contact your supplier or speak with a Healthcare Professional
6. DO NOT use to transport (user being pushed on the rollator)
7. DO NOT use on stairs

## How to Use a Rollator

1. To adjust the height of the rollator, stand the user inside the rollator with relaxed arms and have the top of the rollator handles in line with the crease of the user's wrist – this will be the correct height. Elbows should be slightly bent
2. Keeping the rollator in front of them, the user should push the rollator forward using normal gait and walking pattern. Do not let the rollator 'run away' from the user, always keep the rollator close. If you are concerned with the safety of the user consult a Healthcare Professional as they may be suited to a safer mobility aid
3. If a rest or short break is required, apply the brakes by pushing down on the handles and sit carefully on to the seat



## Precautions & Safety

- Always push yourself up from where you are seated to the Rollator in front of you
- Never use the rollator to pull yourself up into standing as it may tip over
- For safety, have someone help you until you have gained your balance, mobility and confidence
- Walk at a safe, comfortable pace and do not turn too quickly
- Be careful when walking over uneven or wet ground
- Wear well-fitting, comfortable, flat shoes with non-slip soles

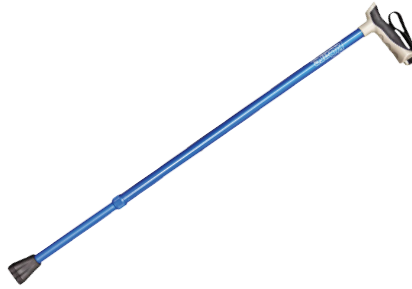
## Maintenance & Cleaning

- Please check the product label / user manual for specific cleaning instructions
- Brakes & wheels should be checked regularly on rollators
- If the equipment appears damaged, **DO NOT USE**. It may require replacing

## Complementary Assistive Devices



Reachers



Walking Stick



Indoor Walker



Over Chair Table



Tipping Kettle



OneTouch Can Opener



Webeque Knives