

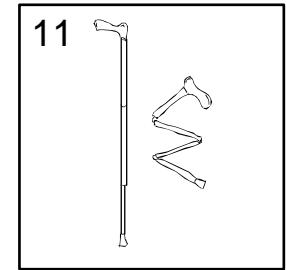
This is one of 18 leaflets in the "WiseBuy" series to enable people to choose the right product for easier living. The titles include:

1	<i>Choosing an Armchair</i>
2	<i>Choosing a Bath with a Door</i>
3	<i>Choosing a Bathlift</i>
4	<i>Choosing a Commode</i>
5	<i>Choosing an Electric Bed</i>
6	<i>Choosing an Electric Wheelchair</i>
7	<i>Buying by Mail Order</i>
8	<i>Choosing a Riser Recliner</i>
9	<i>Choosing a Scooter</i>
10	<i>Choosing a Stairlift</i>
11	<i>Choosing a Walking Stick</i>
12	<i>Choosing a Wheelchair</i>
13	<i>Choosing a Wheeled Walker</i>
14	<i>Choosing a Mattress</i>
15	<i>Choosing a Social Alarm</i>
16	<i>Choosing Grab Rails</i>
17	<i>Avoid Slips and Trips</i>
18	<i>Choosing a Power Pack</i>

**Large Print Versions Available on Request**

~ For more information contact your local ~  
 Independent Living Centre : **01392 687276**  
 Citizens Advice Bureau : **see local phone directory**  
 Trading Standards Dept. : **0870 872 9000**  
 Social Services Dept. : **see local phone directory**

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**Don't get tripped up...**

... read our useful information guide before you buy a **Walking Stick**



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## Can you say YES to these questions?

Have you asked Social Services or your doctor whether you would be eligible for a free walking stick? YES [ ]

Do you know there are many different types and colours on the market now? Metal, wooden and even folding ones. You can also choose a handle to suit you and help provide a more suitable grip. YES [ ]

## COULD YOU ANSWER 'YES' TO ALL THE QUESTIONS?

**IF NOT TELEPHONE YOUR LOCAL  
INDEPENDENT LIVING CENTRE ON  
01392 687276**

## Useful tips to help YOU decide

### Adjusting the length

When the stick is the correct length, the user should be able to maintain an upright position with the elbow slightly bent (approximately 30 degrees angle). In this way body weight is taken through the stick when walking.

- It is important that a walking stick is the correct length, so get someone to help you check and, if necessary, alter it
- Remove the rubber end cap (ferrule)
- Turn the stick upside down and place the handle on the floor
- Hold your arm by the side of your body in a slightly bent position at the elbow (approximately 30 degrees angle)
- Get your helper to mark off the stick at the level of the crease at the front of your wrist joint
- Cut off the excess length of the stick and replace the ferrule

## Walking with a Stick

Walk placing the stick on the ground at the same time as the affected leg. Remember the stick should normally be held in the hand opposite the affected leg. Sticks should be used with the handle facing backwards. One finger down the front of a rounded stick top will increase the stability of the wrist when using the stick

## Chairs – Getting Up

The stick should be near the arm of the chair. Move to the front of the chair with one foot slightly in front of the other. Lean your body forward and, with your hands on the chair arms, push down and stand up. Steady yourself, reach for the stick and you are ready to go

## Chairs – Sitting Down

When returning to the chair, turn around, feel the chair behind one leg, rest the stick in a convenient place, place your hands gently on the chair arms, bend forward and gently lower pushing your hips well back into the chair.

## Stairs

Hold onto a handrail if possible. The stick goes on the same step as the affected leg. The unaffected leg should lead when going up the stairs and the affected legs should lead when coming down.

**Guide Prices**  
**Wooden from approx £8**  
**Metal from approx £10**  
**Folding from approx £16**  
*(Oct 2011)*

**Assist UK is the national network for advice on independent living equipment where anyone having difficulty with everyday tasks can get advice, information and try out a wide range of products and solutions.**

**To find your nearest centre call us now on 0870 770 2866 (Textphone 0870 770 5813)**