

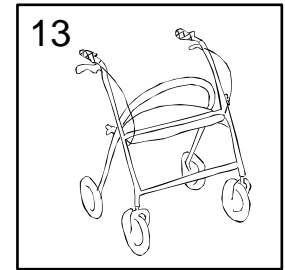
This is one of 18 leaflets in the "WiseBuy" series to enable people to choose the right product for easier living. The titles include:

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 be pushed into buying...**

... read our useful information guide before you buy a **Wheeled Walker**



Independent Living Centre  
 Isca House  
 Haven Road  
 EXETER EX2 8DS  
 Telephone: 01392 687276

Fax: 01392 423427

Web: [www.devon.gov.uk/ilc](http://www.devon.gov.uk/ilc)

E-mail: [ilc-exeter@devon.gov.uk](mailto:ilc-exeter@devon.gov.uk)



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 Textphone: 0870 770 5813  
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 0870 777 4714  
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## Can you say YES to these questions?

Have you talked to a friend, relative or health care worker before buying a wheeled walker? Do check whether Social Services supply them free of charge. YES [ ]

Have you decided where you want to use the walker? If you go outside, a cable braking system, larger wheels and a good sturdy model is recommended. YES [ ]

Can you adjust the height of the handles to suit you? (We have a separate information sheet on how to do this) YES [ ]

Can you lift the walker, or fold it, for instance to go into the boot of a car? YES [ ]

Can you work the brake easily? YES [ ]

Have you checked the maximum user weight? YES [ ]

If you get tired as you walk, would you like a seat to perch on now and again? 4-wheeled models can offer this option YES [ ]

Have you tried the walker over carpets, gravel, grass, doorways sills and kerbs? YES [ ]

Will you want to carry items as you walk? If so, can you fit a suitable basket or tray to your model? YES [ ]

Will the shop or salesperson organise servicing and spare parts? YES [ ]

Did the salesperson give you good instructions on how to use the walker safely – both verbally and in writing? 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

- A wheeled walker can reduce the risk of falling and help you to remain independent
- A wheeled walker will provide much more support than walking sticks and more manoeuvrability than a walking frame
- 3-wheeled models are not as stable as 4-wheeled models and most of them do not offer a perching seat
- The larger the castor, the easier a walker is to manoeuvre over difficult surfaces
- Some companies offer accessories such as oxygen cylinder holders and a crutch or cane holder
- Some walkers can be used with one hand
- Consider removing loose rugs and excess furniture to make it easier and safer around the house

**4-wheeled walkers start around £130**

**3-wheeled walkers start around £80**

*(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)**