



## Fall Prevention Center of Excellence

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### Benefits of Assistive Devices and How to get an Assistive Device

- There are many kinds of assistive devices gear toward enhancing mobility, stability and safety. They include simple one-point canes (with a variety of construction types, handles and appearances), 3-point or 4-point canes for more stability, crutches, hemi-walkers, pick-up walkers and rolling walkers of a variety of types.
- Did you know that each assistive device must be matched to the specific problem and individually fitted for optimal effectiveness? If used properly, an assistive device can be very effective in enhancing mobility, balance, safety and independence. Ask your healthcare professional what kind of assistive device would be best for you and how to get an individual fitting and demonstration as to how to use it properly.
- Not all persons can benefit from an assistive device, but if a healthcare professional determines that it would be helpful, you owe it to yourself to try it. Generally, the simplest device possible for the disability is tried first. Often, all that is needed is a cane for extra balance and confidence when walking outside. When used properly, a cane can actually make one's walking appear brisker and livelier – not to mention be a lot safer.
- Assistive devices can do a lot to increase independence by maintaining one's ability to walk and exercise outdoors safely and securely. They can help avoid the vicious cycle of decreasing activity because of weakness and instability and getting more and more weak and unstable because of decreased walking.

