



# Assistive Devices for Mobility

## Benefits and How to Get One

If you or a loved one feels unsteady while walking, assistive devices can help make getting around more comfortable and safe. Assistive devices can include: single point canes, quad canes (the ones with a base and four feet), and walkers with different styles and designs.

### **Benefits:**

If used properly, an assistive device can:

- Provide increased support
- Improve balance while walking
- Reduce pain
- Increase confidence
- Make walking safer
- Help you or your loved ones live more independently

### **How to get an assistive device:**

Although it may seem easiest to go to the local store and pick up a cane or a walker, it is important that the product is fitted to the individual and his or her needs. Talk with your doctor, an occupational therapist, or a physical therapist about what kind of support you need to make sure that you get the best fit for you.

If they don't fit or are not used properly, they can be uncomfortable and also unsafe. If they do fit and are used as directed, these devices can give you support to help you stay active.

**Ask your healthcare professional what type of assistive device would be best for you.**

**Make sure to get a demonstration on how to use it properly.**

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