



# Personal alarms and walking aids

If you are concerned that you may experience a fall, you can invest in a personal alarm to be worn around your neck or in a pocket. Some alarms are activated if the wearer falls. Others require the alarm to be pressed for assistance.

Walking aids (e.g. walking stick, four wheeled walker) can help to increase your steadiness and improve your confidence to be more mobile, however they need to suit your needs and be maintained.

Q I have not checked my walking aid recently Yes  No

A **If you answered 'Yes'**

Check any walking aids regularly and replace or repair equipment or parts that are deteriorating or feel unsteady. In particular, check the rubber ferrules (or stoppers), ensure the adjustable holes function properly, and look to see that there are no cracks in the aids. Discuss with the health professional who recommended/prescribed the walking aid.

## Who can help?

- Information about types of personal alarms that are available can be discussed with your health professional or you can refer to the CHOICE website [www.choice.com.au](http://www.choice.com.au) for their product review. When looking after your walking aid, mobility aid and equipment contact the Medical Aid Subsidy Scheme (MASS) (further details available on page 40).

I plan to increase my safety through getting advice about equipment by...

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