



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 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.

Who can help?

- Information about types of alarms or repairs to walking aids is available from Commonwealth Respite and Carelink Services (further details available on page 38).

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

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