

The rubber stoppers - sometimes referred to as ferrules at the bottom of walking sticks and wheeled zimmer frames can become worn creating an uneven surface.

This can affect a person’s balance and cause a fall. If the rubber becomes very worn the stick of frame may push through which can cause a slip.

**Ferrules should be checked monthly for signs of wear.**

Walking sticks and wheeled zimmer frames that are too low or too high can significantly impact on a person’s balance and mobility, making them more likely to have a fall.

Walking aids should be measured to the height of a person’s wrist **when their hand is relaxed by their side.**

Walking aids can easily be adjusted by pressing the small button on the side of the stick or on each leg of the zimmer frame.

**Walking Safely, Staying Steady**



**If you are concerned about a resident’s walking aid or think a resident may benefit from a walking aid, please seek support during weekly home rounds.**

Always ensure walking aids are placed within easy reach during sitting, sleeping or during standing activities.

Residents should never share walking aids, and only ever use walking aids that have been prescribed to them.

