

Independent Walking Recommendations

People with common abilities for walking, transfers and sitting have similar experiences and needs.

Independent walking

- I can walk and transfer independently
- I can take stairs with or without using hand rails

Actions recommended...

- Consult a physiotherapist yearly for review of abilities and recommendations to maintain independence
- Consult an occupational therapist yearly for review of abilities and recommendations to maintain independence
- Seek help for pain and tiredness – these should never be ignored
- Develop a good relationship with a GP who can maintain a full medical history on file
- If you have any swallowing or communication concerns, consult a speech pathologist for recommendations regularly
- If you have difficulties maintaining a healthy body weight, consult a dietitian for recommendations
- For any wellbeing concerns, consult a social worker and/or psychologist



Visit futurethinking.abilitycentre.com.au for more information.

Please note that this recommendation is a guide only and should not replace a thorough assessment completed by health professionals.