

Supported Walking Recommendations

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

Supported walking

- I can walk using crutches or a walker e.g. four-wheeled walker
- I need to use furniture or equipment to stand and transfer
- I need to take lots of rests when walking long distances or park very close to where I am going
- I may use wheeled mobility like a wheelchair or scooter

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
- Develop a good relationship with a GP who can maintain a full medical history on file
- Seek help for pain and tiredness – these should never be ignored
- Seek support in establishing ways to move around the home and over short and long distances to maintain energy for other activities
- Seek support in establishing balance in work and home life to maintain energy for other activities
- 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.