

Integrated Regional Falls Program



North Simcoe Muskoka LHIN

Rollator vs Walker

Rollator walkers help people regain mobility and independence. Much like a regular walker a rollator has handles and four legs however, it also has four wheels. In addition, the rollator often has a seat and may even have a basket to carry items in!



How to Measure for a Rollator

Note: It is recommended that you first consult with an appropriate vendor or healthcare professional when considering the purchase of a rollator. They will give you expert advice with regards to a suitable rollator walker to meet all your individual needs.

When choosing a rollator, there are several measurements to consider.

- Handle height. To measure for the handle height, start by standing up straight with your shoes on. Have a friend or family member measure from the crease in your wrist to the ground. This measurement should be the approximate height of the handle bars.
- Chair height. Measure the height of the chair you like and can rise from easily. If you have difficulty with a chair that is too high or too low, keep that in mind when selecting a rollator.



- Your living quarters. Measure the width of the smallest place you will need to fit through. Most often, that is a doorway or hallway. You need to be sure you can easily navigate throughout your home.

How to Use Your Rollator Safely

Do



- Read your manual before using your rollator for the first time for the specific use of your model.
- Roll the walker slowly, taking even, short steps.
- Keep your arms closer to your body, elbows slightly bent.
- When turning, stay inside the handles of the rollator and roll and turn the walker rather than twisting your body.
- When sitting, lock the brakes and keep the backs of your legs close to the seat.
- Place one hand on the seat and one on the handle while sitting down.
- Bend forward slightly and lean back slowly to sit.
- When sitting, make sure both feet are flat on the floor.
- To get up, place one hand on the seat and one on the handle, lean forward while keeping your feet under you and slowly stand.
- Turn to face the rollator before disengaging the brakes to walk.

Don't



- Don't push the rollator ahead of your body with arms outstretched.
- Don't walk quickly or with uneven steps.
- Never turn or change direction without moving the rollator at the same time.
- Do not use the seat as a wheelchair.
- Don't let go of the rollator until you are in a safe position to be properly seated on furniture.
- Don't forget to use the brakes when sitting or standing up from the seat.
- Avoid lifting the rollator on curbs or uneven ground. Use the curb climber if available.

Reference

Canadian Association of Occupational Therapist. (nd). Walkers: what are they? Retrieved from <http://www.caot.ca/sas/SAS%20walker.pdf>