



Independent Living Centre
Moray Resource Centre
Maisondieu Road
ELGIN IV30 1RX

Tel: 01343 559461

CHOOSING A WHEELED WALKER

Points to consider before you buy:

- Why do you want a wheeled walker? Have you talked it over with a healthcare worker, a friend or relative?
- Where will you use it? If you intend going outside you will need a sturdier model, a good braking system and possibly larger wheels.
- We would advise a four wheeled walker as they are more stable and are preferable for use outdoors.
- Do you feel steady when you try it or does it feel as if it will tip or run away with you?
- Can you work the brakes easily?
- Is there room to manoeuvre the walker around your house, through doors and in small rooms like the toilet?
- Can you adjust the handles to suit your height? Some companies offer extra tall models for taller people.
- What is the maximum weight of a user?
- Can you work the rollator over carpets, doorway edges, pavements, grass or on a kerb or step if needed?
- Would a seat be useful to perch on now and again? These are only available on four wheel models.
- Would a basket be useful or even a tray?

- Will you want to lift it into a vehicle? Can you fold it? How heavy is it?
- Do you need other accessories such as a carrier for an oxygen bottle?
- Where will you store it?
- Who will service the walker and are spare parts available?

For further information please contact us on **01343 559461**

Email: info.ilc@moray.gov.uk

OR look on www.moray.gov.uk and search for Independent Living Centre