

Gloucestershire Community Equipment Service

How to use an Outdoor Mobility Aid - 3 wheels

The Integrated Community Equipment Service provides equipment for Gloucestershire residents to remain in their own homes, achieving and maintaining independence in daily living tasks and to support carers. The service is contracted to and supplied by GIS Healthcare.

This leaflet should be read in conjunction with the Community Equipment Service User leaflet, which should be given out with all equipment

How to care for an Outdoor Mobility Aid

- Check the outdoor mobility aid feels stable
- Check tread on wheels for wear
- Check outdoor mobility aid for wear and tear, check brakes are working before moving off
- Wash with hot soapy water from time to time
- Do not leave the frame outside, to avoid weather damage

How to use an Outdoor Mobility Aid with 3 wheels

Standing up



- Position outdoor mobility aid in front of you and lock the brakes on
- Push up from the arms of the chair or surface of bed
- Place your hands on to the outdoor mobility aid handles one at a time
- Release the brakes
- Make sure you feel balanced before moving off

Sitting Down



- Ensure you can feel the chair with the back of your legs before sitting down and lock the brakes on
- Place your hands on the chair arms one at a time
- Bend slightly forward and sit down gently

Applying brakes

- Push down to lock brakes on
- Squeeze up to release lock
- Squeeze up to use brakes to control speed of mobility aid

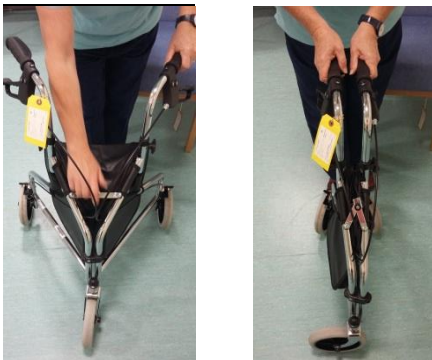


Unfolding



- Pull the handles apart
- Push the knob on the metal bar
- Ensure the metal bar is fully pushed straight and locked into place

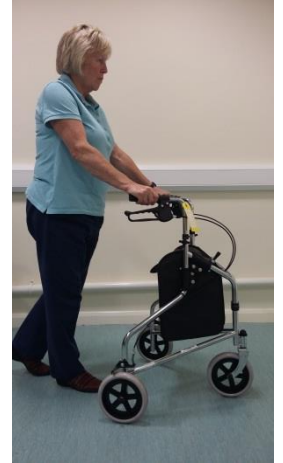
Folding



- Pull the black knob up towards you
- Pull the handles in together
- When folded the mobility aid will be unstable

Walking

- Push the outdoor mobility aid one step ahead
- Step towards mobility aid with affected leg first
- Step past with unaffected leg
- When steady push the outdoor mobility aid one step ahead
- Do not walk too close to the front of the outdoor mobility aid



Posture

- Maintain an upright posture when walking
- Avoid stooping

Keep Safe

- Apply body weight evenly on outdoor mobility aid
- Avoid using on uneven surfaces
- Remove or avoid obstacles e.g. loose rugs
- Avoid wet floors, worn floor coverings
- Wear supportive shoes and avoid trailing clothing
- Ensure adequate lighting
- Do not use outdoor mobility aid on stairs

If your needs change: Please contact Adult and Childrens Helpdesk on **01452 426868 (Adults) 01452 426565 (Childrens)**