

1. Information about the person

First name:		Family name:		Gender:	Male ☐	Female ☐	Other ☐
Age:	0-5 ☐	6-18 ☐	19-39 ☐	40-54 ☐	55+ ☐	Telephone:	
Address:						Weight:	

2. Assessment interview

Known health problems		
Diabetes ☐ Fracture ☐ Stroke ☐ Frail ☐ Foot/leg amputation ☐ Arthritis ☐ Polio ☐ Unknown ☐ Other:		
Activity and ability		
Do you have pain, weakness or discomfort when standing or walking?		Yes ☐ No ☐
Weight bearing	Do you walk on one or two legs?	Two legs → Stronger leg: Left ☐ Right ☐ One leg only → Left ☐ Right ☐
Upper body	Can you use both hands?	Yes, both → Can you grip and hold onto things easily? Yes ☐ No ☐ → Can you carry things easily? Yes ☐ No ☐ One hand only → Left ☐ Right ☐
Balance and falls risk	Do you worry about falling, or do you fall often?	Yes ☐  Refer to rehabilitation service No ☐
Environment	Would you like to use your walking aid on: Sandy/uneven ground ☐ Stairs ☐	
Notes:		
For people who already have a walking aid		
Walking aid type	Walking stick ☐ Elbow crutches ☐ Axilla crutches ☐ Walking frame ☐ Rollator ☐ Other:	
Ask: Does the walking aid suit you and your needs?		Yes ☐ No ☐
Check: Is the walking aid correctly fitted?		Yes ☐ No ☐
Check: Is the walking aid in good working order?		Yes ☐ No ☐
Additional information needed for using a walking aid		
Do you have:	Feeling (sensation) problems: Hands ☐ Feet ☐  Discuss referral for health care or diabetes care Current foot wound ☐  Discuss referral for wound care Healed foot wound ☐  Discuss referral for foot care or diabetes care Difficulty seeing ☐  Refer for vision screen Difficulty hearing ☐  Refer for hearing screen Difficulty remembering instructions ☐ → May need assistance when using walking aid A prosthesis ☐	
Is one side of the body stronger than the other?		Yes → Left ☐ Right ☐ No ☐

3. Plan

Use current walking aid	Yes, no action needed ☐ Yes, with adjustment ☐ Yes, with repair ☐ No ☐		
Provide:	Walking stick: Pair ☐ Single ☐ Elbow crutches: Pair ☐ Single ☐ Axilla crutches: Pair ☐ Walking frame ☐ Rollator ☐ Other:		
Teach:	Stand/sitting ☐ Walking ☐ Stairs ☐ Other:		
Refer for:	Wheelchair ☐ Rehabilitation ☐ Prosthesis/orthosis ☐ Health care ☐ Wound care ☐ Diabetes care ☐ Other:	Follow up date:	

Selection table: Walking aids



Step 1: Select Always select a walking aid with the person, taking into account their health, ability, environment and preference.		Less support ➔ More support						
		Walking stick	Two walking sticks	Elbow crutches	Axilla crutches	Rollator	Walking frame	
Weight bearing	Can only walk with one leg	✗	✗	✓	✓	✗	✓ with caution	
	Can walk with two legs	✓	✓	✓ suitable for long term use	✓ only if no other aids available	✓	✓	
Hand function	Can only use one hand	✓	✗	✗	✗	✗	✗	
	Can grip and carry things easily with both hands	✓	✓	✓	✓	✓	✓	
	Can use both hands but cannot grip and hold things easily	If a person had difficulties gripping and holding things you may need to try the different walking aid options available to see which one the person finds easiest to manage.						
Balance and falls risk	Feels worried about falling over or falls often	✗	✓ with caution	✗	✗	✓	✓	
Environment	Will use the walking aid on stairs	✓	✓	✓	✓	✗	✗	
	Will use the walking aid on sandy or uneven ground	✓	✓	✓	✓	✗	✗	
Step 2: Fit - Stand upright - Elbows slightly bent - Hand grips level with wrist								

Walking sticks

Single point sticks are easier to use on uneven ground than tripod and quadripod sticks. Tripod and quadripod sticks are more stable on flat ground.

Crutches

More balance is needed to use elbow crutches than axilla crutches. Elbow crutches are better than axilla crutches for long term use.

Walking frame – weight bearing on one leg

If the person has a diabetes or risk of foot wounds, hopping with a walking frame should be avoided. Hopping on a foot at risk can cause damage.