

## How to spot when a stick is rot!

This guidance will support you to ensure all types of walking sticks are safe for use and support your residents to stay safe whilst walking.

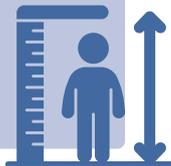
### Key things to remember about when a resident is using a stick

- Sticks are suitable for use indoors and outdoors
- If you have any concerns about a resident's safety when using the stick or if you feel it may no longer be appropriate then seek further guidance.
- Ensure that residents always use their own sticks

### Here are a few handy hints from AHP's to giving a stick an MOT!

#### Is the resident using the right size of stick?

If you are unsure there is an easy way to check – when they are holding onto the stick there should be a slight bend in their elbow. Any more and the stick is too tall, and if they have straight arms then it is likely too small.



#### Did you know that most walking sticks have a maximum weight limit?



Residents over 20 stone should be referred for assessment for an appropriate stick.

If a resident is using a specialist stick and their weight drops below this level then refer for reassessment.

### Here is what you need to consider to ensure sticks are safe.

#### Check the handle!

- Is it loose?
- Is it cracked?
- Is it damaged?
- Is it a comfortable shape?

#### Check the adjuster

- Is the hole too big?
- Can you see the metal switch?



#### Is it straight or dented?

Over time sticks can become damaged or warped. If this is the case the stick requires to be replaced.

#### Check the ferrules!

This is the rubber part on the end of the stick. Like tyres on cars these need replaced when worn. If you can't see the circular tread it is time for a change!

Remember to keep a stock of ferrules so these can be replaced as required.

#### How thin is the base of the stick?

Thicker sticks are generally more stable.



Sticks come in many shapes and sizes and can be quite personal to residents. Monthly checks should be carried out and if you have any concerns then please consult your local community rehabilitation service or local physiotherapy service.