APRIL 2026

Tip of the Month

STAY IN THE LOOP WITH UPDATES AND ANNOUNCEMENTS!

AT A GLANCE

- This month's topic is **Walker Safety!**
- Reach out to **Erika** for more information

Walker Safety

Are you using the correct type of walker?

Using a walker can help you stay active and independent, but using it correctly is key to preventing falls!

Helpful Walker Safety Tips:

- Keep the walker close to your body- don't push it too far ahead.
- Step into the walker- Move the walker first, then step forward into it.
- Use both hands on the walker- avoid carrying items while walking.
- Watch the floor- Be mindful of rugs, cords, and uneven surfaces.
- Stand up safely- push up from the chair first, then grab the walker once standing.
- Wear supportive shoes- avoid walking in socks or loose slippers.

Remember:

- A properly fitted walker should allow your arms to rest comfortably with a slight bend at the elbows!

If you have any questions or want to make sure your walker is adjusted to the correct height, reach out to Erika!

Reach Out to Erika!

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For questions, feedback, newsletter ideas or story contributions, email **providenceplaceop@trinityrehab.net** and we'll be in touch.