



You can prevent a fall



Staying Independent

Is Your Cane The Correct Height?

How to Measure Your Cane

- Turn the cane upside down and put the handle on the floor
- Stand with your arms at your sides
- The tip of the cane should be at the level of your wrist

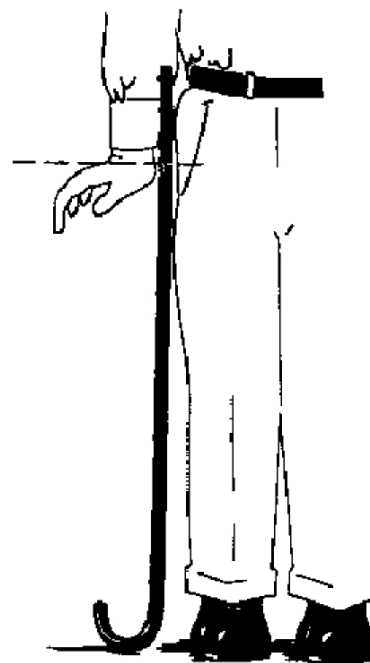
How to Adjust Your Cane

Wooden Canes

- When your cane is upside down, mark the cane at the level of your wrist
- Remove rubber tip
- Cut the cane $\frac{1}{2}$ inch shorter than where you marked it
- Replace rubber tip

Aluminum Canes

- Most aluminum canes have a feature, so they can be easily adjusted within an inch of the desired height.



For correct fitting see a home health care consultant, physiotherapist or occupational therapist.