



You can prevent a fall



# Staying Independent

## Using a Cane

Normally you should hold the cane in the hand opposite your painful or weak leg.

If your balance is poor, use your steadier hand. Always move the cane and the opposite leg together.



### Going Up the Stairs

- Step up with your strong leg first
- Follow with the cane and the weak or painful leg to the same step

### Going Down the Stairs

- Step down with the cane and the weak or painful leg first - Next lower the strong leg to the same step

### Safety Tips

- Replace worn rubber tips immediately - Attach an ice pick to the bottom of your cane in the winter
- For correct fitting see a home health care consultant, physiotherapist or occupational therapist.

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