

DECISION AID* FOR PRESCRIBING EQUIPMENT

* Use of equipment is to facilitate a patient's participation in activities of daily living which may include physical activity, exercise, or participation in chosen occupations and social activities.

1. RANGE OF MOTION & GRIP RELATED

- A. Unable to reach down from a seated position; or,
 - B. Has difficulties gripping objects with their hands
- Sock aids
 - Long-handled reacher
 - Long-handled shoehorn

2. BALANCE RELATED

- A. Has had a fall in the last year; or,
 - B. A history of painful catches in the joint; or,
 - C. A history of their leg suddenly giving out
- Long-handled reacher
 - Gait aids such as 4-wheeled walkers, 2-wheeled walkers, canes, and walking poles
 - Wall grab bars
 - Bathroom equipment such as shower/bath seat

3. FUNCTIONAL STRENGTH RELATED

- Unable to easily stand from a seated position
- Wall grab bars
 - Bathroom equipment such as raised toilet seat, toilet frame or commode
 - Hip cushions for chairs
 - Long handled reacher
 - Chairs with armrests

4. PARTICIPATION & PHYSICAL ACTIVITY RELATED

- A. Requires motivation to participate in physical activity; or,
 - B. Enjoys setting goals for their physical activity
- Pedometers/step counters
 - Smart watch/activity trackers

WHERE TO OBTAIN:

A Pharmacies and online: Good for smaller pieces of equipment such as sock aids, reachers, shoehorns, pedometers, activity trackers, and canes.

B Home Health Stores: Typically provide a wide variety of equipment including smaller pieces, as well as environmental equipment and gait-aids.

C Equipment Loan Programs: Including [the Red Cross Home Equipment Loan Program \(HELP\)](#) Access to equipment is variable across the province. Consider access for temporary solutions.

D Home care & [Alberta Aids to Daily Living](#): Consider for those in need of a more comprehensive equipment assessment to determine appropriate pieces of equipment.