

## Mobility Aids

*Canes, crutches, walkers, wheelchairs, scooters, and lifts are forms of durable medical equipment (DME) that support independent living for individuals with mobility challenges.*



### Choose the Right Aid

To help your loved one select the most suitable mobility aid, consult their doctor and keep these guidelines in mind:

- **Canes** offer minimal stability and are ideal for individuals with good balance, upper body strength, and dexterity.
- **Walkers** provide greater support and are helpful for those with limited balance.
- **Wheelchairs** are the best option for individuals with reduced lower body strength, balance, or stamina.

### Find the Right Fit

Proper sizing and fit is very important. An **ill-fitting device** can cause **discomfort**, **reduce effectiveness**, and lead to further **health issues**. If purchasing secondhand devices ensure the fit is proper to avoid injury or sooner replacement.

### Get a Prescription

**Medicare Part B** covers **mobility-related durable medical equipment (DME)** when prescribed by your doctor for home use. Typically, you will pay 20% of the Medicare-approved cost for rented or purchased DME.

### Take Care of Your Tools

**Maintain** and **inspect** mobility aids to keep your loved one **safe** and **extend equipment lifespan**. Clean, check for wear and tear, make small repairs, or send to a professional for service. Check the owner's manual for each item for specific guidance.

### Make Home Modifications

Mobility aids work best in well-maintained environments. Home modifications can help:

- Ensure rugs are **securely fastened** to the floor.
- **Install** grab bars and ramps as needed.
- Keep walkways **free of unnecessary clutter**.