



Community Equipment Partnership

**Joint training on the
assessment, prescription, &
demonstration of equipment**



Community equipment partnership

COURSE OBJECTIVES

- by the end of this course you will...
 - be able to explain the core reasons for the Partnership arrangements and joint working approaches
 - be able to describe your role in relation to the assessment & provision of equipment
 - have demonstrated the use of the Core Catalogue equipment.



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Main Aims

- **Streamline the access to service delivery**
- **Improve the speed, efficiency and effectiveness of service delivery**
- **Maximise the use of resources**



Principles of assessment

- **The principal of MINIMAL INTERVENTION, MAXIMUM INDEPENDENCE shall underpin every assessment.**
- **Alternative methods of managing have been tried and found not to be successful.**
- **Preference alone must in no way influence the type of provision**
- **The assessor will only act on those recommendations which meet with the service user's and carer's approval.**



General advice

The practitioner, where ever possible, will check the equipment within 24 hours of supply, to ensure that:

- **The equipment has been fitted correctly,**
- **To demonstrate the correct use of the equipment**
- **Ensure that the service user is safe in its use**
- **The equipment meets the service users assessed needs**
- **Delivery staff shall issue the relevant Equipment Information Sheet to the customer with both fitting and using instructions.**
- **The practitioner should note in their case notes/case file that the equipment has been issued, fitted and demonstrated appropriately**



Core catalogue equipment

List of equipment in Training Pack



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**Equipment information and
demonstration**



Provision of walking frames

Prior to your consideration of walking aid provision

- **It is important to understand when a service user's mobility issues are too complex for you to deal with. The following slides will assist with this.**
- **If that is the case they should be referred to Physiotherapy services for full assessment.**



Screening considerations.

- **Do they live alone?**
- **Do they require assistance with their mobility from someone else?**
- **Do they depend on carers for regular help i.e. Homecare/family for meal prep/homecare/shopping/ personal care?**
- **Have they experienced a fall in the last year?**
- **Do they feel that they need assistance outside their home?**
- **Are they housebound due to their mobility problem?**



The service user's home environment may be a risk!

- **Is their home on 2 levels?**
- **Are there stairs leading to the main entrance to their home?**
- **Are there steps down into e.g. the bathroom or kitchen?**
- **Is the house cluttered and hindering their walking?**
- **Does their furniture meet their needs [i.e. low chairs/ toilet etc]?**
- **door widths?**



Factor's impacting on mobility:-

- **Do they have physical health problems which cause them difficulty walking?**
- **Have they pain issues that affect their ability to walk?**
- **Are they able to follow instructions about how to use equipment?**
- **Have they visual and/or hearing impairments?.....**



Screening Tool

- **The screening tool contained in the module manual provided includes all the risk factors for consideration and can be used as an aide memoire for assessors.**
- **Following full consideration of the risk factors, the assessor would make a clinical judgement on whether to provide walking equipment, or to refer to physiotherapy colleagues.**



Assessors must consider the factors relevant in the selection of a walking aid for a service user

Transfer from sitting to standing to sitting is an area of particular risk for people with mobility problems.....

- Can the service user transfer safely from sitting to standing?
- Can the service user stand in an upright position?
- What degree of support do they need from a walking aid?
- Will the service user need to walk outside the house?
.....if *equipment is required for outdoor use this should be referred to physiotherapy.*
- If a service user is going to need additional assistance to be safe in their use of a walking aid, then the assessor should refer them for a full physiotherapy assessment.

Walking gait

Normal walking gait comprises a *Swing phase* and a *Stance phase*

Each leg goes through the same cycle during each step

Swing phase

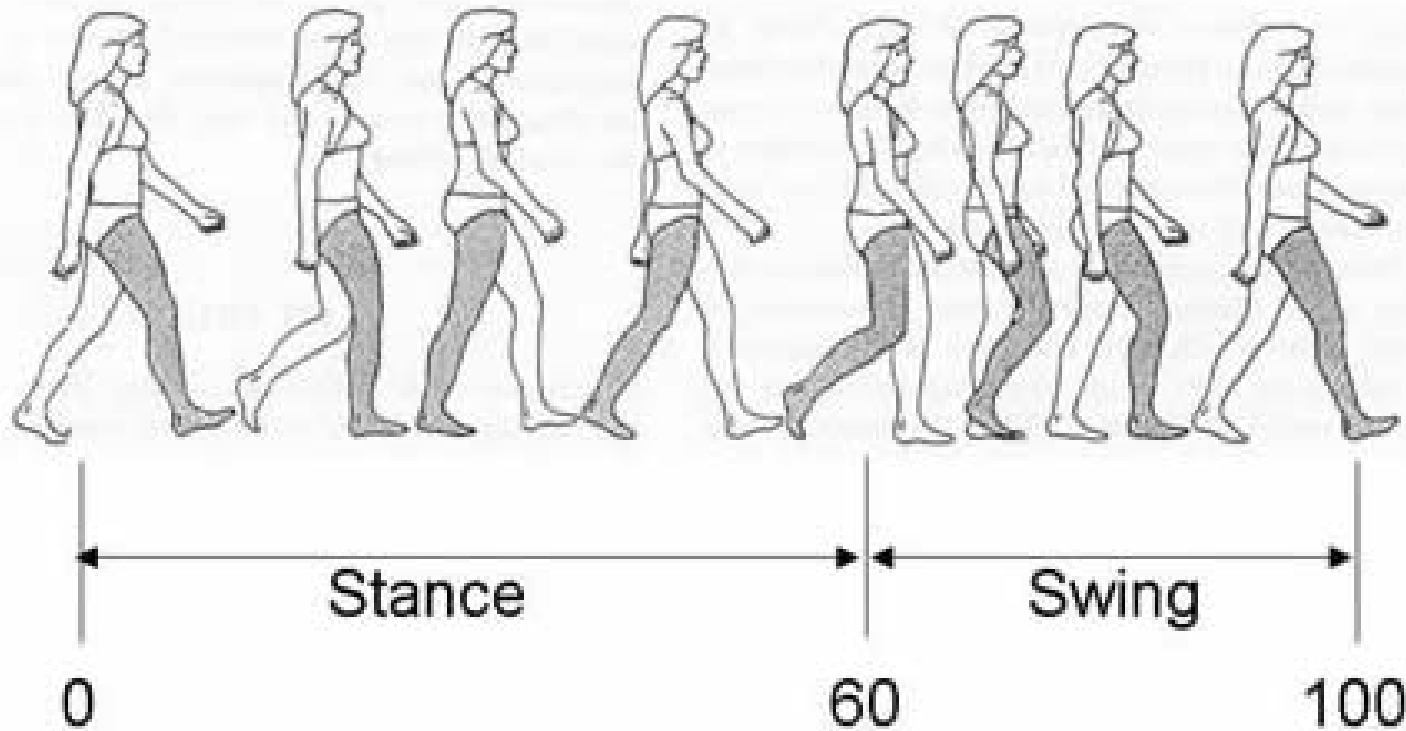
- Initially the toes come off the ground/ the legs swings until the heel strikes the ground. Some service users have difficulty clearing the ground.

Stance phase

- The heel strikes the ground/ weight transferred onto the leg/ then the toes push off the ground. Some service users have problems with this part of the cycle.

Illustrated Gait Cycle

Gait Cycle



Balance is crucial when walking..

Ref- Tinetti balance assessment tool

Several issues indicate balance problems for service users:-

- Sliding or leaning in the chair
- **Unable to rise from the chair/ takes several attempts**
- Staggering when initially standing
- **Falls easily when nudged**
- Unsteady when eyes closed
- **Unsteady when turning**
- Falls into chairs/ misjudges distance to chair
- **Hesitancy when starting to walk**
- Step length and height uneven/ asymmetrical steps/ step speed uneven R or L
- **Foot drop/ dragging foot**
- Walks an uneven path
- **Marked sway when walking / uses a walking aid**
- Broad based gait / or heels touching [Narrow base]



Walking Frames

- Walking frames are used where the service user needs greater support from the stability of the large base. Frames also remain standing without the support of the user - the wider the frame the more stable it is, but door frames can be an issue.... so take this into consideration.
- Wheeled walking frames allow for a more normal walking gait and are often used when balance is the issue rather than weight bearing.

How to measure for a walking frame

- service users should have enough elbow flexion to allow the frame to be moved forward comfortably.
- They should not be stooped but standing as upright as possible to use the frame.
- The frame should not be so high that they struggle to lift it and move it forward.
- If it is too high it can cause service users to lean back and be at risk of a fall.

How to use a walking frame/ wheeled walking frame.

To walk

- Place both hands on the frame. Either lift or push (if wheeled) the frame one step ahead of you. [lifting can be an issue!]
- Step the affected leg forward first. Follow with the other leg stepping up to or in front of the affected leg.
- Do not walk too far into the frame or lift or push too far ahead of you.
- When steady, lift or push the frame forward a short distance
- again and step forwards like before.

To Turn

- Only lift the frame round a little at a time, then step your feet round in line with the frame.
- Repeat until turned.
- Avoid moving your feet and frame at the same time.

How to use a walking frame/ wheeled walking frame [cont.]

Getting up from chairs

- Position the frame in front of the chair.
- Place your hands on the arms of the chair.
- Lean forward and push yourself up to stand.
- Transfer your hands to the frame when steady.
- Always pause for a moment before walking off.

Do not pull on the frame to stand up or sit down.

Sitting down into a chair

- When returning to the chair, turn around and keep using your frame until you feel the chair against the back of both legs.
- Place your hands on the arms of the chair, bend forward and slowly lower yourself into the chair.



General safety with walking frames

- **Ensure the legs on the frame are not bent.**
- **Ensure the joints on the frame are not loose.**
- **Do not use the frame to go up or down stairs**
- **2 walking frames should be issued for upstairs and downstairs use**
- **Where 1 step has to be negotiated, provision of a grab rail may be advised.**
- **Check the rubber ferrules on the bottom of the frame are not worn smooth. These can be replaced by contacting your local physiotherapy service.**
- **Remove any loose mats and rugs to prevent tripping.**
- **Make sure lighting is adequate around the house.**
- **Wear flat supportive shoes that fit well.**
- **Have your eyesight checked regularly (if over 65, annual check-ups are advised).**



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Joint Training

- **Summary & evaluation**