Aids to Daily Living
Information for Patients and Carers

This equipment will make daily living activities easier to perform.
This equipment will help with:

Mobility (Walking)
Still the most common, **Wooden Walking Sticks** have been around for years. Wooden sticks are durable and strong and lightweight.

REMEMBER: They must be cut to the specific height you require. You cannot change the height except to make it lower! For that reason we strongly advise customers to err on the side of cutting the stick to a longer length and then working down slowly.

**LM300/G120** Traditionally styled Wooden Walking Stick in natural solid wood with Crook handle is fixed height (cut to suit users) Nominal length 1010mm.

**Aluminium Sticks** – Constructed of strong, lightweight aluminium, available with a variety of hand grips, supplied with anti-slip rubber tips.

The **T-handle** shape grip, also popular with folding walking sticks, allows the hand to be over the top of the stick for good stability.

**LM3328R** Black Finish Aluminium Waking Stick Adjustable Height with Rehabilitation T Handle for right-handed use – Also available **LM3328L** - left-hand version, Adjustable 790—1010mm.

**LM3833** Aluminium Walking Stick – “T” handle. Adjustable 675—900mm SWL 100kgs ARTG No: 175494

The **Swan Neck** grip handle brings the handle over the top of the shaft of the walking stick allowing the user to put more weight onto the walking stick. As the pressure is straight down, the rubber ferrule is less likely to slip. The swan neck grip handle is the best handle for the unstable user who puts a lot of weight on their walking stick.

**LM3834** Aluminium Walking Stick — Swan Neck handle. Adjustable 780—1000mm, SWL 100kgs ARTG No: 175494
Comfortable contoured T-grip handle
Quick and easy to fold and unfold — fits into a hand bag or briefcase
Lightweight — made from 7/8" anodised aluminium tubing
Folds into 4 sections for convenient storage
5 x 1" height adjustments from 33" - 37" (840mm - 940mm)

While a folding stick provides the least amount of support for an elderly user it may be all that is required at present. It is also a very portable and affordable option that can make a significant difference in improving the safety of the user. A folding stick provides a third support (two legs plus the stick). This provides a balance point and can reduce the risk of falls. A stick may provide the added support to make a user feel safer and improve their confidence when walking.

A folding stick is excellent for the elderly user who need a little extra support because of minor balance issues, reduced strength and endurance. The stick can also help take weight off a painful hip, knee or foot.

Click here to link to Folding Sticks on the Evocare website.
Caution: A folding stick should not be used by a user who needs more support than a stick can provide. If the user has had a fall and is unsteady on their feet then a stick may cause more problems as it takes a certain level of balance and strength to use safely—always check with a health professional.

The Evocare Folding Walking Sticks are lightweight aluminium construction, are strong with rubber ferrules for stability and conveniently offer independence, allowing the user to remain active.

Simple to use height adjustment and are easily unfolded and folded for storage in bag or briefcase. Height adjustment via a push button has 5 x 1" height adjustments from 33" - 37" (840mm - 940mm). The rubber ferrule gives a stable grip when walking.

Height Adjustment and Safety
Remove the Evocare folding walking stick from the plastic wallet and unfold the walking stick. To adjust the height, loosen the locking ring, push the locking button down with your finger so the locking button is pushed fully into the stick. Select the required height by adjusting the top section of the stick in an upwards or downwards motion and release the locking button in front of the required hole position then tighten the locking ring. Prior to use always ensure that the locking button fully protrudes from the selected hole position and press down firmly on the handle of the walking stick to test that the walking stick has been assembled correctly.

Safety and Maintenance Instructions
Take care when using the folding walking stick on wet and slippery surfaces.

Care Notice: Unfold your new folding walking stick and leave unfolded for 48 hours so the elastic can recover its tension.

Cleaning Instructions
Use a wet cloth and mild soapy water to remove any dirt.

Technical Data
Height Adjustment Range:
5 x 1" adjustments from 33" - 37" (840mm - 940mm).
Max. User Weight: 100kg

Click here to link to Folding Sticks on the Evocare website.
Instructions for Use

Make sure the quad stick is adjusted to the correct size for you. The handle at the top of the cane should be at the level of your wrist. When you grip the handle, your elbow should be bent slightly.

- **Step 1**: Hold the stick in one hand. If one leg is weak, hold the stick in the hand opposite the weak leg; using the stick as a counter balance gives more stability. Note: If the Quad Stick has a flat side make sure it is closest to your body.
- **Step 2**: Advance the quad stick forward about one arm's length. Be sure all four legs of the quad cane contact the floor to prevent tipping.
- **Step 3**: Step forward with your weaker leg.
- **Step 4**: Gently press down into the handle of the quad stick with your hand to help with stability. Advance your other leg just slightly past to first foot.
- **Step 5**: Continue, repeating steps 1 through 4.
- Turn by taking smaller steps.

Because of the size of the base you will have to be more aware of how you are walking, with this type of mobility device.

**LM3843** Black Quad Stick small low base - Swan Neck handle. Adjustable 800—1003mm SWL 100kgs
ARTG No: 179500

**LM3844** Black Quad Stick large base - Swan Neck handle. Adjustable 800—1003mm SWL 100kgs
ARTG No: 179500

[Click here to link to Quad Sticks on the Evocare website.]
The Evocare Forearm Crutches are of lightweight aluminium construction, are strong with rubber ferrules for stability and conveniently offer independence, allowing the user to remain active.

Forearm crutches, sometimes also called elbow or Canadian crutches, are a mobility device to assist with walking. The forearm cuffs and handgrips are designed to take some of the weight on the arms during weight bearing. Learning how to use and adjust forearm crutches properly will reduce the risk of further injury or unnecessary muscle strain.

Forearm crutches, when used correctly, can aid the healing of certain injuries by reducing weight bearing forces that can be potentially detrimental during walking or standing. Healing can then take place with the absence of further tissue damage, to accelerate recovery. Crutches may also improve walking technique and mobility.

- Overall length is measured from top of cuff to tip.
- Hand grip to cuff is measured from top of cuff to top of hand grip.
- Hand grip to tip is measured from top of hand grip to tip.
- Soft touch foam handgrips
- Shaft constructed from strong, lightweight aluminium.
- **ARTG No:** 175494

<table>
<thead>
<tr>
<th>Product Code</th>
<th>Size</th>
<th>Height Adjustable Range</th>
<th>Hand Grip to Cuff Adj.</th>
<th>Hand Grip to Tip Adj.</th>
<th>Safe Working</th>
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<tr>
<td>LM3806L</td>
<td>Large</td>
<td>1080–1390mm</td>
<td>240–320mm</td>
<td>840–1070mm</td>
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<tr>
<td>LM3806M</td>
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<td>950–1290mm</td>
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<td>LM3852S</td>
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<td>230–300mm</td>
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[Click here to link to Forearm Crutches on the Evocare website.](#)
Adjustment and Use
- Stand up with relaxed shoulders and arms loosely by the side. Someone may be needed to help with balance while the crutches are adjusted. Place the forearm crutch at the side, the handgrip should be approximately at the crease of the wrist. Use the spring buttons at the bottom of the crutches to alter the height. Depress the spring buttons on the leg extension to lengthen or shorten the extension to achieve the proper height. Forearm crutches need to provide you with balance, and should be adjusted to the same height.
- Adjust the cuff on the forearm crutches. Use the spring buttons on the upper part of each crutch to move the cuff. The cuff should be approximately 2cm to 5cm below your elbow.
- Make sure the buttons lock into place before using forearm crutches.
- Hold the handgrip of the crutches, one in each hand, while placing the cuffs on each forearm, with the open end of the U facing outward.
- Consult a health professional about how to use the forearm crutches. Support may be required for both legs while walking or more weight may be required on one foot due to a particular kind of injury. A health professional will advise which crutch to put forward first in relation to stepping.
- Stand up with the crutches in place, and check on the angle formed between forearm and body. The elbow should be bent to 30 degrees.
- Place some, but not all, of the body's weight on the handgrip when walking with forearm crutches. The crutches are not designed to withstand a person's full body weight but to act as a support. Do not subject forearm crutches to sudden impacts or jolts.

Cleaning and Maintenance:
- Clean the hand grips with a mild soap, detergent or household cleaner.
- Periodically check the rubber tips for rips, tears, cracks or worn tread.

Safe Working Load 100kg
The Evocare Underarm Crutches are of lightweight aluminium construction, are strong with rubber ferrules for stability and conveniently offer independence, allowing the user to remain active.

Most often used by people with a temporary disability or injury, who are unable to put weight on one leg. These crutches reach from under the underarms to the floor. The weight of your body is supported on your forearms and hands not the under arm.

- Soft touch foam underarm pads and handgrips
- Shaft constructed from strong, lightweight aluminium.
- **ARTG No:** 175494

<table>
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<th>Product Code</th>
<th>Size</th>
<th>Height Adjustable Range</th>
<th>Safe Working</th>
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<td>840–1140mm</td>
<td>100kg</td>
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Click here to link to Underarm Crutches on the **Evocare** website.
After surgery or injury to a leg, crutches may need to be used to decrease pressure on the affected leg, allowing healing and to reduce pain when walking.

Adjusting Crutches for Comfort

The height of the crutches and the position of the handgrips should be adjusted to suit the individual's dimensions.

When standing upright with correct shoulder and back posture, there should be a 3 finger gap (3 to 4cm) between the armpit and the top of the crutch.

The most stable position to adopt with crutches is to form a triangle with the unaffected leg and the crutches.

The handgrip should be positioned so that your elbows are slightly bent when standing relaxed. When walking or resting body weight should be taken through the hands and forearms—not the armpit. Only apply enough pressure sideways on the crutches to keep them close to the body. (CAUTION: Upward pressure into the armpit can potentially damage nerves and blood vessels. DO NOT rest underarms on the top of the crutches.)

After a fracture or leg joint surgery, there may be restrictions to how much can be put through the affected leg.

Standing Up and Sitting Down

STANDING UP

- Hold both crutches on the injured side using the handgrips.
- Position the other hand to push off from the bed/ chair.
- Place the injured foot forward.
- Lean the body forward and stand up.
Standing Up and Sitting Down (continued)

SITTING DOWN
- Step back close enough to feel the bed / chair behind the legs.
- Transfer both crutches to the affected side, holding onto the handgrips.
- Reach for the arm of the chair with free hand.
- Place injured foot forward.
- Lean body forward and slowly lower body down.
This procedure applies to getting on and off car seats and seats on public transport.

Walking with Crutches

PARTIAL WEIGHT-BEARING means taking part of the weight through the injured leg. The doctor or physiotherapist will give instructions on how much weight to take.
- Place both crutches about a step in front to form a stable triangle.
- Place affected leg forward in line with the crutches.
- Begin the step by sharing weight between hands and affected leg.
- Step the good leg through.

NON WEIGHT-BEARING means no weight can be put on the affected leg for a specified period of time.
- Hold affected leg off the ground.
- Place both crutches about a step in front to form a stable triangle.
- Taking body weight through the hands hop forward in line with the crutches.
- With improvement hopping past the line of the crutches may be possible.

Turning Tips
► Always turn towards the good uninjured side—This ensures the strong leg can provide support if in the event of overbalancing.
► Step around slowly and evenly to turn.
► Do not twist on leg when turning.
Stairs / Curbs / Gutters
► Start close to the edge of the step.
► Ensure that the wing-nuts on the lower part of the crutches face away from the step so they can’t catch.
► Use a handrail on one side if available. With the other hand either hold both crutches together across the handgrips or hold one crutch at right angles to the one being used.

DO NOT try to use two handrails as they are often too far apart for adequate support and crutches can’t be carried.

Stepping Up

1. Lock arms and shoulders to support body weight while slowly hopping the good leg up onto the next step.
2. Push through the good leg to bring the affected leg up beside the good leg.
3. Support weight on good leg as crutches are brought up.
4. Get balance before going onto the next step.

Stepping Down

1. Take all weight through good leg.
2. Position affected leg and crutches on the step below.
3. Lean forward slowly and gently, then balance the weight through the hands.
4. Take weight through the hands and lower good leg down onto the step.

If using the handrail to balance always make sure to keep hands lower than the body when going down the stairs.

► Avoid walking on smooth or / and wet surfaces (e.g. Wet tiles).
► Take care on uneven or steep surfaces.
► Keep rubber tips clean (remove dirt, lint, small stones, etc.)
► Replace rubber tips if showing signs of wear.

Using Crutches, text and images from Princess Alexandria Hospital Physiotherapy department brochure—2008
Instructions for Use

- Ensure walker is fully opened and locked.
- Do not step fully into the frame and do not put the frame too far in front.
- Take ramps cautiously and slowly.
- Frame can only be used on steps if all 4 legs fit on the step; place frame up on step and step into it off strongest leg. When going down, step into frame with weakest leg.

Safety

- If the frame is unsteady, make sure it is fully unfolded and locked.
- Always make sure all 4 legs are on the ground before stepping into frame.
- Always move slowly and cautiously.
- Frame is not to be used to assist to sit and stand.
- Seek professional advice to adjust or change frame.
- Be aware of frames weight tolerance.

The **LM3822** is a sturdy rigid frame that is fitted with four rubber stoppers, a fixed front wheeled rigid frame model **LM3822W** is also available.

- Height adjustment range: 760mm to 860mm
- Extra lightweight: 2kg, Safe Working Load **136 kg**
- ARTG number 179500

**LM3812** Folding Walker without wheels & glides
**LM3812W** Folding Walker with front wheels, no glides
**LM3812WG** Folding Walker with front wheels and rear glides
**LM3811G** Ski Glides (pair)

Lightweight anodised aluminium, satin silver finish with PVC Hand Grips
Folds for storage and transport
Caution - ensure frame is fully open and locked before use
Adjustable height - 790 to 910mm
Safe Working Load **136 kg**
ARTG number 179500

[Click here to link to Walking Frames on the Evocare website.]
The LM3266 Shopper Walker folds for transport and storage.

**Features:**

- Loop Brakes including ball and anatomical hand grips
- Straight Removable Padded Backrest
- Polyurethane Seat
- Large Wire Basket and Food Tray
- Positive “in line” brake system over wheels
- Steel Frame

**Specifications:**

- 200mm (8”) Puncture Proof Tyres
- Seat height - 610mm
- Seat dimensions - 392mm x 219mm x 22mm
- Adjustable handle height - 770mm to 1070mm
- Safe working load - 120Kg
- ARTG Number **179500**

**Product Codes:**

- **LM3266BM** - Blue Metallic Frame, Liquid Coating
- **LM3266BU** - Burgundy Metallic Frame, Liquid Coating
- **LM3266CM** - Copper Metallic Frame, Liquid Coating
- **LM3266SM** - Silver Metallic Frame, Liquid Coating

**LM3266-OXF** (fitted with Oxygen Bottle Carrier) available as:

- **LM3266BM-OXF** - Blue Metallic Frame, Liquid Coating
- **LM3266BU-OXF** - Burgundy Metallic Frame, Liquid Coating
- **LM3266CM-OXF** - Copper Metallic Frame, Liquid Coating
- **LM3266SM-OXF** - Silver Metallic Frame, Liquid Coating

Bottle will add 3.36kg to weight of Shopper Walker. Oxygen Bottle not included, also supplied without Basket and Tray.

Click here to link to Shopper Walker on the Evocare website.
The height adjustable forearm supports or gutters allow weight bearing through the forearms rather than the hands. Thus rollators with forearm supports may be considered for sufferers of arthritis in the hands or those who have a broken hand or wrist. Adjustable handgrips enable the most comfortable position to be achieved.

Features:
- Forearm Supports are height adjustable from 102cm to 115cm.
- Hand brakes and hand grips.
- Padded Supportive Back Rest
- Backrest has two height adjustments to suit tall and medium height people (Easy press button adjustment)
- Compact yet a low centre of gravity gives excellent stability
- Safety Lock to prevent folding when in use
- Seat, Large Basket and Perspex Meal Tray. (Basket and Tray can be removed for Hospital or Nursing Home use)
- Seat Dimensions: 390mm x 220mm
- The LM3881 is fitted with large 200mm x 50mm puncture proof tyres.
- It is supplied as a flat pack to minimise freight costs.
- Now only available with Blue Frame

LM3880-OXF:
- LM3880-OXF fitted with Oxygen Bottle Carrier
- Bottle will add 3.36kg to weight of Rollator
- Oxygen Bottle not included, also supplied without Basket and Tray

- SWL 100kg
- ARTG Number 175494
Operating Instructions, Cautions & Warnings

- Consult with your doctor, therapist, or other qualified healthcare professional regarding the proper height adjustment for maximum support; and correct brake activation.
- DO NOT attempt to push the rollator while someone is sitting on the seat.
- DO NOT self propel the rollator while seated. Serious injury to the user and/or damage to the rollator frame or wheels may result from improper use.
- DO NOT use the seat to transport people or objects.
- DO NOT sit on the rollator while it is being loaded into a vehicle or while it is being transported in a vehicle.
- DO NOT exceed the maximum weight capacity (including bag contents) or serious injury could result.
- Before each use make sure the rollator frame is fully opened and in a stable position.
- Check the brakes for proper operation. Make sure that all parts are secure and that moving parts are in good working order.
- All wheels must be in contact with the floor at ALL TIMES. This will ensure the rollator is properly balanced.
- DO NOT hang anything from the rollator handles or frame (other than a vinyl storage bag in the original position). This may cause the rollator to tip, resulting in injury or rollator damage.
- The brakes MUST be in the locked position BEFORE using the seat.
- When using the rollator in a stationary position, the hand brakes MUST be locked.
- DO NOT sit on the seat when the rollator is on an incline.
- DO NOT use the rollator to walk backwards, down gradients, or to climb stairs, kerbs or to go over obstacles. Serious risk of falling or injury may occur.
- DO NOT perform any adjustments to the rollator while it is in use.
- Only use accessories and spare parts authorised by Evocare with this rollator.
The Aluminium Seat Walkers in the LM3206, LM3208 and LM3216 ranges are fitted with Loop Brakes, including ball and anatomical hand grips.

Features:
- Curved Folding Padded Backrest
- Padded Stitched Seat
- Security Bag
- Positive "in line" brake system over wheels (except LM3216 low seat walker)

Specifications:
- 150mm (6”) or 200mm (8”) flat profile wheels
- Seat height - 550mm
- Seat dimensions - 350mm x 330mm x 60mm
- Adjustable handle height - 790mm to 950mm
- Safe working load - 120Kg
- Nett weight - 8kg

Product Codes for 150mm (6”) castor model:
- LM3206BM - Blue Metallic Frame, Liquid Coating
- LM3206BU - Burgundy Metallic Frame, Liquid Coating
- LM3206PU - Purple Metallic Frame, Liquid Coating
- LM3206SM - Silver Metallic Frame, Liquid Coating
- LM3206CM - Copper Metallic Frame, Liquid Coating

Product Codes for 200mm (8”) castor model:
- LM3208BM - Blue Metallic Frame, Liquid Coating
- LM3208BU - Burgundy Metallic Frame, Liquid Coating
- LM3208PU - Purple Metallic Frame, Liquid Coating
- LM3208CM - Copper Metallic Frame, Liquid Coating
- LM3208SM - Silver Metallic Frame, Liquid Coating

Product Codes for low seat (480mm) model with 150mm Castors:
- LM3216LBM - Blue Metallic Frame, Liquid Coating
- LM3216LCM - Metallic Copper Frame, Liquid Coating
- LM3216LPU - Purple Metallic Frame, Liquid Coating
- LM3216LSM - Silver Metallic Frame, Liquid Coating

Click here to link to Seat Walkers on the Evocare website.
The **LM3219 Seat Walker** has a push down brake system, height-adjustable handles and folds for transport and storage. This lightweight aluminium walker has a padded seat and backrest. The sprung rear wheels allow the frame to rest on the ground when the user sits on the seat or pushes down on the handles.

**Features:**
- Anatomical Hand Grips
- Lightweight Aluminium Frame
- Curved Folding Padded Backrest
- Padded Stitched Seat
- Under-the-seat Security Bag
- Fixed castors at the rear with push down rear dual castor brakes—Push down action operates braking mechanism through rear wheels.

**Features & Specifications:**
- Adjustable handle height 815mm to 925mm
- Seat Dimensions 350mm x 330mm x 60mm
- Seat Height 590mm
- 150mm Castors
- SWL 120kgs
- ARTG Number **179500**

**Product Codes:**
- **LM3219BM** - Blue Metallic Frame, Liquid Coating
- **LM3219BU** - Burgundy Metallic Frame, Liquid Coating

When unfolding your seat walker for use make sure it is fixed safely by pushing down on the folding brackets between the front and rear frame.
- Also ensure that the backrest has been pushed back to its locked position.
- When assembling your seat walker, make sure that bolts and tightening wheel are secure BEFORE use.
- Always check hand grips for looseness before using seat walker. If loose and/or worn, replace immediately.
- When seated DO NOT attempt to reach for objects if you have to move forward on the seat or if you have to pick them up from the floor by reaching between your knees.
- DO NOT reach over the backrest to reach objects behind you as this may cause the seat walker to tip over.
- The seat walker is not a wheelchair. People must not be pushed while seated on the walker—otherwise damage or injury may occur and it will also void the warranty.
When using your mobile seat walker you will be: sitting down, standing up, turning, walking. The following general guidelines are not appropriate for everybody. We strongly advise consulting a health professional.

A mobile seat walker has a lightweight frame that is used to provide support when walking, with swivel front wheels for easy turning and a seat for resting.

Things to look at when choosing a walker:
Brakes—Height of handles—Height of seat—Backrest—Size—Transportation

Adjusting the Mobile Seat Walker
- Stand with your shoulders relaxed and your arms hanging loosely at your sides.
- The handgrip height should be at your wrist when your arms are relaxed at your sides (Fig. 1).
- Loosen the handgrip height adjustment knobs on the outside of the handgrips. Remove the bolt then move the handgrips to the desired height (Fig. 2).
- Re-install the bolts and screw the knobs onto the bolt. The knobs should be on the outside of the handgrips. Ensure bolt head fits into the hexagonal hole before tightening the knob fully.
- Seat height is not adjustable. If the seat is too high or too low, a different model walker may be required. When sitting on the seat the balls of your feet should touch the ground.

Using The Mobile Seat Walker
- Allow the walker to roll forward as you step forward while leaning on it for support and control.
- Squeeze on the handbrake to slow the walker down (Fig. 3).
- Lock the parking brake by pushing down on the handbrake till it clicks before using the seat (Fig. 4).
- To release the brake, squeeze the brake handle, being careful not to pinch your fingers (Fig. 3).

WARNING: Do not use the walker on stairs or escalators and be especially careful on ramps and slopes.

Sitting on the Walker (next page)
Sitting on the Walker
- To sit, lock the brakes of the walker, turn around and back up until you feel the seat touch the back of your legs. Best if the front of the walker is against a barrier, such as a wall.
- Reach back and put your hands on the handles of the walker.
- Sit down slowly and carefully.
- Do not move the walker when sitting on it—it is dangerous to use the walker as a wheelchair.
- Stand by moving forward on the chair and using arms of the chair to stand.

Carrying items in the Walker carry bags
- Do not overload the bag because this may affect the walker’s balance.
- An oxygen cylinder should be fastened down (see Evocare options).

Folding and Unfolding the Mobile Seat Walker
- To fold the walker, lift up on the handle in the carry bag under the seat.
- Fold the backrest onto the frame.
WARNING Keep clear of the frame before folding the walker to avoid pinching.
- To unfold the walker, push down on the seat till fully open (side brackets are straight).

Caring for the Mobile Seat Walker
- Use a non-abrasive detergent or cleaner with warm water.
- Periodically check knobs and screws to ensure they are tight.
- Contact the Evocare if any repairs are needed.

Common mistakes
- Forgetting to lock the brakes when sitting or standing.
- Starting to sit while still turning walker in front of a chair.
- Holding the walker too close or too far away from you while taking steps.
- Forgetting to use the walker—walking away from the walker.
- Holding the walker with both hands while standing up and sitting down—instead of using the arms of the chair.
- Leaning or twisting too far away from the base of support provided by the walker.
- Dry walker if it gets wet—not suitable to use in a shower.
- Sitting on the walker while someone pushes it. (Note: There are some models of walkers that allow this function).
Features:

- Folds for convenient transport (car boot) and for storage
- Comfortable padded backrest that flips over for walker or wheelchair
- Convenient side storage case and large under seat storage basket
- Desk style fixed armrests to get close to tables
- Easy-to-adjust push-button height adjustable legrests
- Swing away leg rests with flip up footrests
- Leg rests lock into sides of walker when not in use
- Super light weight **11.4kg**
- Safe Working Load: **136kg**

- Height-adjustable push hand grips
- Comfortable ergonomic hand brake
- Breathable nylon upholstery with Memory Foam for comfort
- Seat dimensions: 480mm x 410mm (19” x 16”)
- Convenient strong carrying handles
- Convenient cup holder
- Safety Seat Belt
- 150mm Polyurethane front castor; 190mm TPR rear wheel
- Frame Colour: **Dusty Blue**
- ARTG number: **218602**

[Click here to link to Wheelchair Walker on the Evocare website.](#)
Using the Shopper Wheelchair Walker

Stability and Balance

To assure stability and proper operation of your Shopper Wheelchair Walker, you must at all times maintain proper balance. Your Shopper Wheelchair Walker has been designed to remain upright and stable during normal daily activities as long as you do not move beyond the centre of gravity.

Virtually all activities which involve movement in the Shopper Wheelchair Walker have an effect on the centre of gravity. Use the adjustable seatbelt for additional safety.

DO NOT lean forward out of the Shopper Wheelchair Walker any further than the length of the armrests. Make sure the castors are pointing in the forward position whenever you lean forward. This can be achieved by advancing the Shopper Wheelchair Walker and then reversing a little in a straight line.

Also see How to Use Mobile Seat Walkers on previous pages.
The **LM3892BU Tri-Wheel Walker** is designed to accept a maximum user weight of **120 kilograms**.

Sturdy chrome steel frame featuring height adjustable handles and easy squeeze and release cable brakes for added safety. The user does need to be aware that 3-wheel walkers are not as stable as 4-wheel walkers.

Folds for easy storage and travel.

**Features:**
- The LM3892BU Tri-Wheel Walker is a very popular outdoor walking frame because of its manoeuvrability.
- Folds down flat
- Has height adjustable handles
- Steers easily with the single front wheel
- For a steel frame walker is relatively lightweight

- Brakes can be locked on by pushing down on the handles
- Carry bag, basket and tray are also included
- Tri-Wheel Walker Weight **9.2kg**
- ARTG Number **179500**

**Using the Evocare Tri-Walker**

*Folding and unfolding the Evocare Tri-Walker*

The **Evocare** Tri-Walker folds and unfolds in a scissor-type motion as shown.

When unfolding the frame take care to ensure that the small metal crossbar connecting the two sides of the frame is securely locked in position by firmly pushing down on the metal lip in the centre of the crossbar. To unfold pull the bolt in the centre of the metal crossbar upwards.

*Adjusting the handle height of the Evocare Tri-Walker*

To change the handle height of the Tri-Walker loosen the screws located below each handle; pull the screw from its hole and adjust height of handles by moving the adjusting sections up or down until the desired height is reached. Now reinsert the screw into the chosen hole position and fasten firmly making sure both handles are adjusted to the same height.

[Click here to link to Tri-Walker on the Evocare website.](#)
Using the Evocare Tri-Walker (cont.)

Activating the brakes
To activate the brakes simply pull the brake handle upward (a); to deactivate simply release the brake handle. When stationary ensure to activate the brakes located above the two rear tyres (b). The brakes can be applied by pushing down firmly on the brake handle (c). The brakes are activated if a clicking sound can be heard. To release the brakes simply pull the handle back up firmly to its normal position.

Placing the vinyl bag, tray and basket onto the Walker
The walker can be used with or without the vinyl bag, tray or basket. The walker comes with the vinyl bag attached to its frame. However, to remove the bag simply undo the buttons on the two flaps on both sides of the bag. The flaps fold over the frame of the walker thus securing the bag to the frame.

To secure the metal wire basket in place simply hook the back of the metal basket over the two semi-circular hooks of the frame located adjacent to the black plastic screw caps. Place the tray on top of the basket ensuring that both basket and tray are stable and securely located.

Safety
This product must only be used as a walking aid not as a wheelchair of any kind. Especially with new users a risk assessment should be carried out as to the suitability of this product for the user. If in doubt seek professional advice.

Regularly check the walker paying special attention to the workings of the brake and the condition of the rubber tyres for damage and wear and do not use if damaged. Ensure all bolts and screws are firmly tightened and regularly clean the wheels from any dirt or debris.

Do not use the walker on uneven or slippery surfaces.
The tray must not be used to transport hot drinks or meals.
The bag or wire basket must not be overloaded as to make the tri-walker unstable.

Cleaning: Clean regularly using a mild detergent and household disinfectant. Dry thoroughly to avoid slipping.

Also see How to Use Mobile Seat Walkers safely on previous pages.