Rollator Options

That handy, dandy rollator can do even more…

We see lots of folks using these devices to stay active and safe in their home and community. But did you know there are other options to that simple rollator with all those wheels? This is a great option when the basic walker is not the right answer.

This standing style of rollator puts an emphasis on standing with a good center of balance. The shoulders aren't bowed over and less likely to aggravate your back in a hunching stance. The arms are supported and take weight off the hands. It still has a seat for fatigue and brakes for safety. If you have concerns about using one of these, make an appointment with your physical therapist (ask your primary care physician for a referral) to determine if that would help your balance, your posture, and your safety.

If you would like to see one in person, contact the Caregiver Resource Center (CRC) and ask for an appointment to look at it. It goes out on loan, so ask to be sure it is in the display area. And remember MAC, Inc. doesn't sell these items, they are there to educate you on options.

Do you have comments on this item? We would love to hear from you!

But there is even more! The Free2Go

But let me start with a story. Even adults need a real-life story with a happy ending.

"Unsuccessful in finding a toilet safety product that was **portable, discreet and dignified** for her Mother to use when leaving home, fueled Lesli Wang's determination to close the gap in bathroom safety products. Quite simply, if a raised toilet seat and/or toilet safety frame are needed inside the home, wouldn't they be needed outside the home?"

So, what did Leslie do? She **invented** that portable, discreet product and sells it as **Free2Go**. Her Mom wanted to go places and do things, but her mobility stood in her way. This new rollator answered her needs and now it meets the needs of others who need portability, plus a discrete and dignified tool. The website is:

www.free2gomobility.com

Did you see this rollator looks just like all the other rollators you are familiar with when you use it? If folds too!

Well, where would you need this type of rollator?

Let's just imagine your local church or a service group's meeting hall is where you find yourself. You excuse yourself to the restroom and you find it isn't handicap accessible or they just don't have a raised toilet seat. Does this keep you at home? No! You bring your accessible raised toilet seat and grab bars with you! You even carry wet wipes in a hidden pouch under the padded top seat. How clever! Your fancy rollator even fits in those very narrow bathroom stalls.

This means you can safely go to those locations plus your neighbors or any of your extended family who don't have a raised toilet or grab bars. No more staying home, time to visit! This item can be seen in the CRC display room.

Don't let your limitation stop you! Remember to call if you need information on **funding.**

That's it for this time. Enjoy!

Share this resource with your friends, they don't have to be a caregiver!

Be well. Take care of you!

Have questions? Please contact us by phone or email (see below).

[For those of you reading this outside the Lower Shore of Maryland – please contact your local Area Agency on Aging for assistance.]

Give us a call or email and we will be glad to answer questions about the resources we have. P**lease call** and ask at 410-742-0505, ext. 118 – Cindy Robinson **Or, email** Janet Parke at jparke@macinc.org

Let us know if you would like to receive this Information Newsletter in your email. We will be glad to send it to you. Send an email to llewis@macinc.org
Janet Parke has over 25 years' experience working with people with disabilities
Disclaimer: The content in this handout is not intended as a substitute for medical advice. Talk to your doctor or healthcare provider before undertaking any type of therapy or treatment. We are not endorsing companies.