










## *Give the Gift of Mobility*

Assistive devices keep us independent and mobile. They help with the activities of daily living.

This season, give the gift of mobility to a family member or friend. Below are some gift ideas:

-  long handled shoe horn
-  icers to fit over boots and shoes on icy days
-  grab bars for the bathtub, shower, by the toilet, and beside steps (These must be properly installed for safety.)
-  reachers for reaching things in high (or low) places
-  an interesting cane to encourage use around the home
-  a metal cane tip for outside use on icy days
-  a rollator (as in photo), for greater staying power and independence when out and about

Note: Devices like canes, walkers, and hip protectors need to be properly fitted by a physiotherapist, occupational therapist, or health equipment specialist.

For more information, contact  
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