

Fix up your frame



A project called 'Light your Night' has inspired people who use care services county-wide have been inspired to transform their grey and uninspiring walking aids into bespoke items by adding fluorescent covering and lights.

Feedback from the campaign shows that:

- The overall scheme has reduced falls by 75% within a year.
- It has proved invaluable to people with dementia.
- People have decorated their zimmer frames with lights or glow sticks to help navigate during the night.

See 'Light Your Night' to learn more about these benefits.

Considerations:

- Capacity to make own decisions must be considered foremost
- Decorating frames can present a risk of unbalancing the walking aid
- Avoid blocking the view of where individuals are placing their feet
- Avoid altering the grip of the walking aid as this is a potential risk
- Whilst this initiative has been helpful for some individuals living with dementia, other individuals living with dementia may get distracted with too many bright additions
- Be mindful that additions do not become loose or pose a trip hazard whilst walking.
- Net bags are added to frames need to be fixed not only at the top of the frame but also at the bottom. This is because when walking there tends to build a bit of a swing, which could also unbalance the frame.

