

## Practicing Senior Safety Tips Keeps Preventable Falls Away from You (Chapter 2) 防跌耆妙法，路遙皆可達 (第二章)

### 6. Actively Reducing the Chances of Falls

積極減少跌倒的機會

Seniors who have fallen tend to lose confidence in their abilities, inhibits social and functional status with reducing walking, shopping and taking part in social activities.

有跌倒史的老年人往往對自己的能力失去信心，通過減少步行、購物和參加社會活動，以致抑制其社會和功能狀況。

While falls can be serious, seniors should not live their life in fear.

雖然跌倒可能嚴重，但長者不應生活在恐懼中。

Instead, seniors can be diligent about maintaining and improving health to lower their risk of falls.

相反，長者可以積極地維持和改善健康，以降低跌倒的風險。

Hence, the popular belief that falls is inevitable in older people needs alteration.

因此，人們普遍認為老年人跌倒是不可避免的看法需要改變。

The 2015 World Health Organization provides evidence-based guidance to healthcare providers on integrated care for older people.

2015 年世界衛生組織為醫護人員提供老年人綜合護理的循證指引。

Multimodal exercise and home modifications to remove environmental hazards that could cause falls are strongly recommended for older people at risk of falls.

極力建議有跌倒風險的老年人進行多式運動和家居改善，以移除可能導致跌倒的環境危機。

### The Essentials of Physical Activities and its Basic Tips

體能活動的基本知識及其基本竅門

Staying put reduces the chances of falling is a myth.

保持靜態可以減少跌倒的機會是一個迷思。

Inactivity leads to decrease in body system functions which consequentially affecting health.


不活動導致身體系統功能衰退，從而影響健康。

On the contrary, when a senior person engages in an active lifestyle, they develop more strength and agility to keep themselves steady to prevent falls from happening.

相反，當一個長者從事積極的生活方式，他們可以發揮更多的力量和靈活性，以保持自己穩定，以防止跌倒發生。

Seniors being physically active is the first line of defense against falls.

長者保持積極活躍是防止跌倒的第一道防線。

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	Page	1

7.

#### A. The Benefits of Physical Activities

體能活動的好處

There are many known benefits of physical activities especially to older adults.

體能活動可以帶來很多好處，尤其是對長者來說。

Engaging them on a regular basis helps older adults:

長期保持活動能力，有助長者：

- Stay physically and mentally healthy,  
維持身體和精神健康
- Achieve and maintain a healthy weight,  
達至和保持健康的體重
- Move with less muscle soreness and joint stiffness,  
行動自如，較少肌肉酸痛和關節僵硬
- Attain a lower risk of fall,  
減低跌倒風險
- Sleep better and have more energy,  
睡得更好，精神充沛
- Feel more relaxed and positive,  
心情更輕鬆和正面
- Meet new people and have fun,  
認識新朋友和更多歡樂
- Stay independent longer, and enjoy life.  
維持獨立自理的時間更長，可以享受生活

#### B. Lower the Risk of Fall through Physical Activities

透過體能活動減低跌倒風險

Older adults who are regularly physically active have better balance,

定期保持體能活動的長者，有較高的平衡力，

are less likely to fall,

較少會跌倒，

have a better chance of avoiding injury if they do fall,


即使跌倒也會有較高機會避免受傷，

and have a better chance of recovering from a fall-related injury.

而就算受傷了也會較易復原。

Moderate physical activities and exercise lowers risk of falls and fall-related injuries in older age through controlling weight as well as contributing to healthy bones, muscles, and joints.

透過控制體重和加強骨骼、肌肉和關節健康，適度的體育活動可以減低長者跌倒的風險和減少因而帶來的受傷。

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	Page	2

Depression and fear of falling are both risk factors for falls.

抑鬱和懼怕跌倒均為風險因素，

Yet, physical activities can improve one's mood and lessen the symptoms of depression and anxiety.

而體能活動可以改善人的情緒，減少抑鬱和憂慮的徵狀。

Moreover, it can also help older adults feel more confident about moving around and, therefore, reduce their fear of falling.

此外，也會令長者有信心到處走動，從而減低對跌倒的恐懼。

8.

#### C. Incorporate physical activities into daily life

在日常生活中加入體能活動

Older adults can incorporate physical activities into daily life,

長者可以在日常生活中加入體能活動，

such as morning exercises, household chores, general stretching, walking on level ground, walking on gentle slope, and climbing short flight of stairs.

例如晨早運動、做家務、一般拉筋、平地行走、行走微斜的路、爬短的樓梯。

Seniors may join Day Care Elderly Centres

有些長者可以到老人日間護理中心，

where they can make use of some simple equipment such as static bicycle, reciprocal pulley, standing vibration platform, and reflexology mat to maintain adequate physical activities.

使用簡單的健身或運動器材，如簡便單車、拉手繩、站立振動訓練儀、反射療法的足部按摩墊等，以維持足夠的體能活動。

#### D. Choose an effective form of physical exercise

選擇有效的體能運動

Balance impairment and muscle weakness caused by ageing and lack of use are the most prevalent modifiable risk factors for falls.

因年長和缺乏鍛鍊而導致平衡力差和肌無力問題，是跌倒最普遍的可修改風險因素。

Hence, the common practice of not allowing older people to ambulate during hospitalization,


因此，長者在留醫住院期間不准走動，

actually increases the risk factor of the patient from falling in debilitating their physical status.

實際上會增加他們體力變弱的風險。

Strength and balance training has been identified as a component in successful multifactorial intervention programmes to reduce subsequent falls.

增強體能和平衡訓練，已被確認為多重因素的介入防跌措施的一部分，有效減少日後的跌倒問題。

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	Page	3

Yet, walking or strength training programmes as single intervention do not appear to prevent falls, though both of them have other health benefits to older adults.

然而，單一走路或伸展訓練本身，並不能有效防跌，雖然這兩項對長者的其他健康有益處。Therefore, an effective programme should include balance, walking, and strengthening. 因此，一個有效的活動訓練，應該包括平衡、走動、強化機能這些運動。

For instance, Tai Chi is an ancient Chinese martial art that coordinates smooth body and limb movements with breathing and concentration.

例如，太極是傳統中國武術，以呼吸和專注力協調身體和四肢的動作。

Research on Tai Chi shows that it improves balance, coordination, and muscle strength, which is particularly helpful in fall prevention.

根據對太極的研究指出，習太極會改善平衡、協調和強化肌肉，對於防跌尤其有幫助。

Walking is a highly recommended activity.

步行是非常值得推薦的活動。

It is the most convenient aerobic exercise.

那是最方便的帶氧運動。

It requires no special equipment.

它不需要任何特別儀器。

It can be done anytime and easily incorporated into one's daily life.

任何時間都可以做，和容易融入長者的日常生活當中。

If the fitness level of older adults allows them to walk at a speed equivalent to moderate intensity, health benefits are remarkable.

若長者的體能允許，讓他們能夠保持中等強度的步速，對健康有非常驚人的益處。

It only takes an accumulation of 150 minutes per week to attain the basic health efficacy, such as improvements in cardiopulmonary function, circulation, bone density, joint flexibility, and fall prevention.

每周只需累積到 150 分鐘的走路運動，即可達到基本的健康效果，例如改善心肺功能、循環系統、骨質強度、關節的靈活度，以及防跌。

Another one is pool exercise.

另外一個則是在泳池的運動。

Warm water is a good medium to exercise in, especially for those with joint pain or weight problem.

暖水是個優良的運動媒介，對於患有關節痛或體重問題的人尤甚。

With both buoyancy and resistance, older adults can do muscle strengthening exercise with less joint irritation and more fun.

由於水中有浮力和阻力，長者可以在減低關節不適的情況下，輕鬆愉快地做強化肌肉的運動。

9.

## E. Performing Balance and Strengthening Exercise at Home

### 在家做平衡及強化體能運動

While walking is an outdoor activity, older adults can perform exercise at home to improve their balance and strength in order to reduce the risk of fall.

雖然步行本身是個戶外活動，長者在家也可以做運動，以改善平衡力和體力，從而減低跌倒的風險。

Greetings to my dear “old friends”! I’m Physiotherapist K.T. Cheng. An important way to prevent falls is to practice fall-prevention exercises. These exercises can improve the flexibility of the joints, strength of the hands and feet, and also enhance balance to prevent falls. These exercises are very simple and easy to practice. Let’s try it together! Here are nine exercises that you can practice at home.

各位長者你好，我是物理治療師鄭國德。預防跌倒的一個重要方法，就是做合適的防跌運動。

這些運動可改善關節的柔韌度，增強手腳力量，亦可增加防跌的平衡力。

這些運動十分簡單，亦十分易做。現在讓我們一起做做吧！

以下有九個運動，在家中也可行進行。

The first exercise is “Trunk Turning”. It stretches our neck and waist and muscles. Sit on a chair, feet on the ground, with space behind back. Keep chest up, arms cross in front. Turn your head towards your left with body follows. Hold for 10 seconds. Return to the starting position and repeat with the other side. Hold for 10 seconds. Repeat 10 times for each side.

第一個運動『左右轉腰』，這個運動用以伸展頸部及腰部關節及肌肉。坐在椅上，雙腳平放地面，腰部離開椅背。挺起胸膛，前臂提起平腰，雙臂交叉於胸前。頭部先向左望，上身跟著並盡量向左轉，維持 10 秒。返回正中及放鬆，然後轉向右方，維持 10 秒。每邊交替做 10 次。

The second exercise is “Forearm Stretching”. It stretches our elbows’ joints and muscles. Sit on a chair. Bend your elbows. Interlock the fingers of both hands and place them in front of your chest. Slowly push your palms outward. Stretch the forearms slightly. Hold for 10 seconds. Put down your arms. Return to the starting position. Repeat 10 times.

第二個運動『前臂伸展』，這個運動用以伸展手肘關節及肌肉。坐在椅上，手肘屈曲，將雙手手指互相緊扣放於胸前。手指交叉掌心向外，雙手慢慢向前盡量推出，直至前手臂微微拉緊，維持 10 秒。雙手放下，返回原位。重複動作 10 次。

The third exercise is “Turning of Ankles”. It improves the flexibility of the ankle joints. Sit on a chair. Lift your left ankle slightly off the ground. Turn your foot clockwise and anti-clockwise for 10 times. Put down your left foot. Repeat with the other side. Turn the right foot clockwise and anti-clockwise for 10 times.

第三個運動『足踝轉動』，這個運動用以改善足踝關節靈活度。坐在椅上，提起左腳足踝至略為離地。左腳腳掌以順時針及逆時針方向各轉動 10 圈。放下左腳，右腳重複動作 10 次，同樣以順時針及逆時針方向轉動。

The fourth exercise is “Lifting a water bottle”. It improves the muscle strength of our triceps. Sit on a chair. Hold a plastic bottle containing about 500 ml (approx. 1 lbs) of water with your left hand. Hold it next to your body. Bend your left elbow and raise the bottle until your arm is straight. Hold for 5 seconds, and gradually return to starting position. Perform 10 times with each arm.

第四個運動『手舉水樽』，這個運動用以增強上臂三頭肌的肌肉力量。坐在椅上，左手握盛載了 500 毫升水（約 1 磅）之膠樽，放在身旁。左手屈起手肘，將膠樽向上推，直至手肘伸直。維持 5 秒，然後慢慢放下。左右手每邊重複 10 次。


The fifth exercise is “Lifting a rice-bag” It improves the muscle strength of our quadriceps. Sit on a chair and tie a self-made sandbag, rice-bag or beanbag (1 to 2 lbs in weight) to your left ankle. Slowly raise your left leg and straighten your knee. Point tip of the toes towards yourself. Hold for 5 seconds and slowly return to the starting position. Perform 10 times with each leg.

第五個運動『腳踢米袋』，這個運動用以增強大腿四頭肌的肌肉力量。坐在椅上，在左足踝綁上重約 1 至 2 磅的沙包、自製米袋或豆袋。左膝盡量慢慢伸直，腳掌略為向上屈起，腳尖略為向著自己。維持 5 秒，然後慢慢放下。左右腳每邊重複 10 次。

The sixth exercise is “Calf Stretching”. It stretches the tendons of our calves. Put your hands on the back of a chair and keep your back straight. Step forward with your right leg and bend at the knee. Straighten the other leg and keep your left ankle on the floor. Push your body forward until feeling your left calf slightly stretches. Hold for 10 seconds and return to the starting position. Perform 10 times with each leg.

第六個運動『弓步拉筋』，這個運動用以伸展小腿肌腱。站立，雙手扶穩餐椅椅背，保持腰背挺直。雙腳前後分開成弓箭步，右腳在前方，左腿在後並保持伸直及腳跟貼地。將身體重心向前移，直至左腳小腿後方有輕微拉緊。維持 10 秒後回復原位。左右腳交替做 10 次。

The seventh exercise is “Hip Sideway lifting”. It strengthens the lateral muscles of our

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	Page	6



thighs. Put your hands on the back of a chair and keep your back straight. Stretch your left leg to the side and lift it slightly off the ground. Hold for 5 seconds and slowly return to the starting position. Perform 10 times with each leg.

第七個運動『橫向提腿』，這個運動用以增強大腿外側肌肉力量。站立，雙手扶穩餐椅椅背，保持腰背挺直。左膝伸直，左腳慢慢向外提起至腳掌略為離地。維持 5 秒，然後慢慢放下。左右腳交替做 10 次。

The eighth exercise is “Tip-toeing”. It strengthens the muscles of our thighs and calves. Put your hands on the back in between two chairs and keep your back straight. Slightly bend your knees to lower your body. Slowly rise up with knee straightening, till tip-toeing. Hold for 5 seconds and slowly return to the starting position. Repeat 10 times.

第八個運動『曲膝登踮』，這個運動用以增強大腿及小腿肌肉力量。站立，雙手扶穩兩張餐椅椅背，保持腰背挺直。雙膝微屈，身體略為降下。慢慢把身體升高，直至雙腳腳跟離地並用腳尖站立。維持 5 秒，慢慢回復原位。重複動作 10 次。

The ninth exercise is “Single-leg Standing”. It improves our balance and self-confidence. Put your hands on the back in between two chairs. Keep your back straight and look forward. Bend your right leg backward and lift the right foot. Stand firm on your left leg. Hold for 5 - 10 seconds. Slowly return your right leg to the starting position. Stand on both legs. Perform 10 times with each leg. Instead of helping senior too much, we can assist seniors to restore their mobility and stay more active and independent.

第九個運動『單腳平衡』，這個運動用以改善平衡力及增強自信心。站立，雙手輕按兩張餐椅椅背，保持腰背挺直，眼望前方。右腳向後屈曲提起右腳，以左腳單腳站立。維持 5-10 秒，慢慢放下右腳，回復雙腳站立。左右腳交替做 10 次。與其過份幫助長者，我們可以協助他們重拾動力，繼續保持活躍和獨立自主。

Instead of helping senior too much, we can assist seniors to restore their mobility and stay more active and independent.

與其過份幫助長者，我們可以協助他們重拾動力，繼續保持活躍和獨立自主。

## 10. The Use of Assistive Devices

### 使用助行器

The thinking of seniors using walking stick or walkers have their independence diminished is a myth.

使用柺杖或助行架，將使長者獨立性下降的想法是一個迷思。

On the contrary, these mobility aids are very helpful for seniors to walk around and keep themselves steady from falls.

相反，這些助行器對長者來說非常有用，可以使他們四處走動，保持自己穩定，防止跌倒

Walking aids are devices designed to improve the stability of walking for people with mobility impairment.

助行工具是設計來輔助行動不便的人改善走路時的平衡。

Especially if the seniors themselves are dependent on others for balance, or try to navigate with furniture around the home.

特別是家居的長者如果需要依靠他人協助平衡，經常感到失去平衡，或者試圖使用傢俱作為輔助在家裡行走。

### A. The benefits of walking aids

#### 使用助行器的好處

As appropriate to the needs of an individual user, these devices help in ambulation in the following three ways:

這些儀器配合個別使用者的不同需要，可以在以下三方面協助走動：

#### 1. Improving balance: 改善平衡

By providing additional points of contact, a walking aid provides a wider base of support and a greater range of stable position for the centre of gravity.

透過提供額外的接觸點，一個助行器可以令重心有更寬闊的穩定支撐點。

#### 2. Reducing load to lower limb and back: 減低下肢和背部的負荷

By directing the load through the walking aid and upper limb, less impact and dynamic forces will be transmitted through the affected limbs.

透過助行工具和上肢分擔身體的重量，減少對受影響下肢的壓力。



### 3. Generating movement: : 提升移動能力

By substituting the muscles and joints of the spine, pelvis, and legs, both walking aid and upper limb assist in generating dynamic forces needed for ambulation

以助行工具與上肢代替脊椎、骨盆、腳部的肌肉和關節，以協助提供走動所需要的動態力。

In Hong Kong, common walking aids include walking sticks, tripods, quadripods, frames, and rollators.

在香港一般通用的助行工具包括柺杖、三腳義、四腳義、助行架、前轆助行架等。

Some adaptive variations include tripods with a foldable seat and rollators with an attached basket.

有些助行工具更會改裝配合不同需要，如摺疊座椅式三腳柺杖、滾輪助行架上加設購物籃子等。

Among many types of walking aids, the walking stick is the most common and simplest form.

在各式助行器工具，柺杖是最常見的基本工具。

It tends to be used by the older people and by individuals with minor problems in balance.

很多長者和有輕度平衡問題的人都會使用。

It is held in a hand on one side of the body.

它是以單手握住放在身體的一側。

It transmits the load to the ground through its shaft and dissipates it with its ferrule at the contact point on the ground.

它會將那邊身體的重量透過手柄轉移到柺杖著地的防滑膠塞的接觸點。

With these in mind, however, the user needs enough strength in the arm while using it, since the arm must partially share the body's weight and the repetitive dynamic forces during ambulation.

然而，使用柺杖時手臂需要有足夠的力量支撐部分身體重量，並在步行時提供所需的重覆動力。

When it is used correctly, the benefits of the walking stick are obvious.

當正確地使用，柺杖的好處是非常顯著的。

It can improve balance, relieve load on the joints of the lower limbs and the spine, and facilitate gait speed.

柺杖有助改善平衡，減輕下肢關節和脊柱的負荷，和提升步履速度。

In turn, it may contribute to a reduction of fall risk among users.

進一步它可能相應地減低使用者跌倒的危機。

11.

B. Choose the right walking stick

選擇合適的柺杖

In retail and rehab shops, there are many walking sticks available in different materials, constructions, dimensions, ergonomic designs, finishing, and of specific purposes.

在零售和復康店，柺杖的種類繁多，有不同物料、結構、尺寸、人體工學設計、加工處理，和特殊用途的設計。

An important consideration in choosing a walking stick is to match it with the user's body build or weight.

選擇柺杖時的重要考慮，需要配合使用者的身材或體重。

A walking stick is not designed as a substitute for bearing all the body weight as normally lower limbs would take.

柺杖的設計，並非用來全面取代下肢，作為承擔所有體重的替代品。

Construction, shaft circumference, handle size, and height that allow adjustments are some of the factors in determining the appropriateness of a walking stick to its user.

構造、把手的圓周、手柄的大小、杖身的可調節高度等，都是選擇合適的柺杖時要考慮的因素。

C. Measure the proper length of a walking stick

量度適合的柺杖身長度

Before starting using a walking stick, it is important to find one with the right length for its user.

開始使用柺杖前，必須先為使用者找出適合長短的柺杖。

An undersized or oversized stick may not offer the optimum stability and performance as a properly sized one would.

過短或過長的柺杖，都不能提供最佳的穩定度和應有的功能。

In fact, a stick of a wrong length can cause back and shoulder problems, and even pain in some joints.

事實上，不適當的杖身長度，更可能引致背部和肩膀問題，甚至令部分關節疼痛。

If it is too long, it will require the user to raise his or her shoulder unnaturally, leading in cramps on the neck.

過長的柺杖，令人需要不自然地提高肩膀來持杖，導致頸部痙攣。

While a stick that is too short will force the user to stoop and eventually develop back pain.

過短的柺杖，令人不得不俯身使用，最終可導致背痛。

## Measure a stick for its user

### 如何量度合適的柺杖

1. Ask the user to put on his or her daily walking shoes.  
請使用者穿上日常的步行鞋。
2. The user should stand naturally upright as much as possible.  
使用者應盡量自然地直立。
3. Let the user's arms fall to the sides naturally with a relaxed bend at the elbow.  
手部自然地垂放在身旁，手肘放鬆地自然屈曲。
4. Use a tape measure to measure the distance from the wrist joint down to the floor.  
用尺來量度由手腕到地的長度。  
For an accurate measuring, a second person can read the measurement to prevent the wrist from moving.  
為了進行精確的量度，第二個人可以讀取量值以防止手腕移動。

## Adjust for the correct length

### 調較合適的長度

Nowadays, most walking sticks have a built-in mechanism for length adjustment.

現今大部分柺杖都設有可調節長度的裝置。

A common one may have the following steps for length adjustment.

普通的柺杖可根據以下的步驟，來調整長度：

1. Unscrew the lock ring on the outer shaft.  
擰開外桿上的鎖環。
2. Push the spring button through the button hole on the shaft.  
透過桿上的按鈕洞，按下彈簧按鈕。
3. Slide the inner shaft up or down to the correct length.  
將內桿向上下移動，直至調至適合的長度。
4. Release the spring button up through the correct hole.  
在對的洞位，使彈簧按鈕從適合的按鈕洞彈出。
5. Screw the lock ring tightly.  
擰緊鎖環以固定新的長度。

12.

D. Learn to walk properly with a stick

學習如何在柺杖輔助下正確行走

On level ground 在平地上步行

1. Grip the stick in the hand on the “stronger” side so it provides support to the contralateral weaker leg.  
用較有力的那一邊手來拿著柺杖，以支援相對弱的另一邊腳。
2. Take a step with the “weaker” leg and move the stick forward at the same time.  
開始走路時，柺杖和沒有那麼好力的腳一起踏前。
3. Lean your weight through the arm gripping the stick as needed.  
將身體重心移到柺杖那邊。
4. Take a step forward with the stronger leg.  
將有力的腳踏前。
5. Repeat steps 1 to 4.  
重覆以上 1-4 步驟。

On making a turn 轉彎

On making a broad turn, it may not matter much whether it is pivoted on the stronger or the weaker leg.

當做一個大的轉彎時，用比較有力或沒有力的腳作支點轉動並不重要。

On making a sharp turn, it is safer to treat the ferrule of the stick as a pivot point and turn around it.

但當要急轉彎時，以柺杖的著地的防滑膠塞作為支點，然後作旋轉動作，會較為安全。

It is good to note that turning towards the weaker side may be harder.

要注意，向著較弱的方向轉身會較為困難。

The stick on the good side may flip and hit obstacles that may cause the user to lose balance.

在好的一側，柺杖可能會翻轉並擊中障礙物，導致使用者失去平衡。

On climbing upstairs: up with the good leg 上樓梯：用好的腿上梯級

1. Hold onto the handrail along the stairs, preferably on the side of the weaker leg.  
沿著樓梯握住扶手，建議用較弱的腿的那一邊。
2. Walk up a step with the stronger leg while the weaker leg and the stick are still on the step below.  
先用有力的腿踏上梯級，而柺杖和較弱的腿仍然位於下面的梯級上。While holding onto the handrail and straightening the good knee, bring the weaker leg and the stick up that step at the same time.  
在抓住扶手並伸直好膝蓋的同時，將較弱的腿和柺杖同時踏上一梯級。
3. Repeat steps 1 to 3.  
重覆以上 1-3 步驟

On walking downstairs: down with the bad leg 落樓梯: 用較弱的腿下梯級

1. Hold onto the handrail along the stairs, preferably on the side of the weaker leg.  
沿著樓梯握住扶手，建議用較弱的腿的那一邊。
2. Walk down a step with the weaker leg and the stick at the same time.  
同時用較弱的腿和柺杖走下一梯級。
3. While holding onto the handrail and supported by the stick a step below, bring the stronger leg down that step.  
按住扶手，由柺杖支撐在下一梯級，將更強壯的腿向下走一步。
4. Repeat steps 1 to 3  
重覆以上 1-3 步驟

Taking an escalator or a lift? 使用自動扶梯抑或升降機？

An escalator is a moving machine and it poses a balance challenge to people suffering from mobility impairment.

自動扶梯是一種不斷移動的機器，會為行動不便的人構成一定的平衡挑戰。

For safety reason, it is advisable for walking stick users to take a lift instead.

基於安全考量，建議使用柺杖人士轉坐升降機。

**E. Consult a doctor or a physiotherapist when in doubt**

若有疑問必須諮詢醫生或物理治療師的意見

**Using a walking aid is not a total solution for mobility problems.**

使用助行工具不是解決行動問題的全部辦法。

**Professional advice should be sought under the following conditions:**

在下列情況下，應該尋求專業意見：


- 1. Having difficulty in choosing suitable walking aids, especially with respect to health and mobility problems.**  
有困難去選擇合適的助行器，尤其是基於健康和行動狀況的問題。
- 2. Experiencing increased pain or discomfort in joints or muscles after using a walking aid.**  
使用助行器後，關節或肌肉越來越疼痛和不舒服。
- 3. Repeated falls or near-falls when walking with an aid.**  
在助行器輔助行走時，重複跌倒或幾乎跌倒。

**The seniors that do not use mobility devices prescribed to them such as walking stick is risk-taking behavior that can be improved.**

不使用他們規定的助行器如柺杖的長者的冒險行為是可以改進的。

**-End of Chapter 2-**

**-第二章 完結-**

 <p>Jockey Club CADENZA e-Tools for Elder Care 賽馬會 耆流金 護老有道</p>	File	Handout - Practicing Senior Safety Tips Keeps Preventable Falls Away from You (ch2)
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	Page	14