

Rollator

Walking support device composed of a height-adjustable and width-adjustable rigid or foldable frame, equipped with three or four wheeled legs, and brakes.

- **Product Classification**

- APL (WHO Assistive Product Priority List): 34 (Rollators)
- ISO 9999:2022: 120606 (Walking tables)

- **Possible configuration variants**

- Contoured handgrips.
- Tray or basket (to carry objects).

- **Possible accessories or optional components**

- Seat (to allow the user to take a rest while walking).
- Brake locks on the brakes.

- **Product goals**

Activities or functions the product is mainly intended to support, according to WHO ICF Classification:

- Walking [\[d450\]](#).
- Lifting and carrying objects [\[d430\]](#). *Only if used with variants: Tray or basket*
- Moving around in different locations [\[d460\]](#).

- **Indicated impairments**

Difficulties the product is mainly intended to address, according to the WHO ICF Classification:

- Walking [\[d450\]](#) (severe difficulty in walking).
- Maintaining body position [\[d415\]](#) (severe difficulty in standing).

- **Contraindicated impairments**

Difficulties for which the product may be inappropriate:

- Mild difficulty in walking.
- Moderate difficulty in walking.
- Severe difficulty in grasping/gripping. *Unless used with variants: Contoured handgrips*
- Ability to use only one hand.
- Ability to use only one leg.
- Severe arms weakness.
- Severe difficulty in holding things.

- **Indicated environments**

Specific environments in which the product should be used:

None specified.

- **Contraindicated environments**

Environments in which the product may be inappropriate:

- Stairs.
- Sandy places.
- Uneven ground.

- **Other indicated factors**

Other factors or situations the product is intended to address:

None specified.

- **Other contraindicated factors**

Other factors or situations in which the product may be inappropriate:

None specified.

- Points to be considered in product selection
 - Ensure that the chosen product item is suitable for the person's weight (check in the product documentation or with the provider what is the maximum person's weight the stick can bear).
 - Ensure that the handgrips can be firmly held by the person.
 - Brakes with brake locks are much safer than those without locks.
 - Consider that the three-wheeled configuration is more maneuverable than the four-wheeled one, although not as stable, and thus may be more suitable for indoors rather than outdoor use.
 - If the person gets easily tired, a seat would be helpful to allow occasionally stop and seat.
 - The basket would be very useful when using the rollator during shopping or carrying objects.
- Points to be considered in product fitting
 - Ensure that the frame is adjusted to the correct height: the handgrips should be at the wrist level, when the person is standing with shoulder relaxed, a slight bend in elbow (about 15°), and wearing shoes.
 - Ensure that the frame is adjusted to the correct width: the arms should have a comfortable width apart when holding the handgrips.
 - In case the device is equipped with a seat, adjust it to the highest height that allows both sitting and getting up comfortably.
- Points to be considered in product use
 - When walking, footwear should be well fitted, secure on the feet and supportive.
 - When walking, place the frame just in front of the body, make sure that the brakes are off, slowly roll the rollator forward and step towards it, walking as you do normally; press on the brakes if you want to slow the rollator down when walking.
 - When rising from a chair or bed, put the rollator in front of you and lock the brakes; avoid pulling on it to stand up as it may tip over; move to the edge of the chair/bed, place feet under knees and lean forward; push up with the hands on the arms of the chair or on the bed to stand up, and only take hold of the rollator once standing.
 - When sitting down, stand in front of the chair or bed, with the back of legs touching it; lock the brakes; reach back with the hands to hold onto the chair/bed and slowly sit down.
 - When stopping for a short break, always press the brakes and lock them.
- Points to be considered in product maintenance / follow-up
 - Regularly inspect the brakes, adjust the cables tension if too loose (the rollator should not move when the brakes are fully pressed) and replace them when worn.
 - Regularly inspect the wheels and replace them when worn.
 - Regularly inspect the handgrip and replace it when worn.
 - Replace the rollator with a new one if the frame is broken or damaged.
 - Carry out follow-up checks about every six months and in case the rollator seems to be not used any more, consider the following possible reasons: the frame is broken and needs replacement; it hasn't been fit correctly; the user has not learned correct use; there are health problems affecting the user's mobility; the environment makes it difficult to use the device; the user needs support from others to use the device but does not have the support.
- Examples of products available on the market
 - Live product search in the EASTIN website <https://www.eastin.eu/en/searches/products/list?iso=120606>
- Source

This Fact Sheet was compiled in 2021 by an international team of experts, to provide the initial knowledge base for a project ("An online system to assist the selection of assistive product") supported by the World Health Organization in 2020-2021 within the GATE Initiative (Global collaboration on Assistive Product). Fact Sheets were compiled for each of the 50 types of products included in the WHO APL (Assistive Product Priority List).

The team was composed of Renzo Andrich (Italy, group leader), Natasha Layton (Australia), Stefan von Prondzinski (Italy), Jerry Weisman (USA), Silvana Contepomi (Argentina) and Hasan Minto (Pakistan).

The project led to a prototype online tool called ASPREX (ASsistive PProduct EXplorer). At the end of the project, it was transferred to a WHO collaborating center (the Global Disability Hub in the UK), in view of possible future developments.