

WATP

# Introduction to the Walking Aid Training Package





## Acknowledgements

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Motivation Australia acknowledges all of the people who were involved in the development of the Walking Aids Training Package (WATP), including:

**Authors:** Lee Brentnall, Sarah Anderson, Lauren Flaherty

**Editor:** Kylie Mines

**Illustrations:** Melissa Puust

**Design and Graphics:** Emily McAllan

**Reviewers:** Wayne Allen, Jo Armstrong, Mercia Girey, Claire Ibel, Andrew Jolly, Camille Mewett, Ray Mines, Christina Parasyn, Poutasi Seuseu, Angela Stent, Cristy Wilson, Karen Wilson, Joanne Woods, Katrina McGrath.

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Pilot participants:

- **Papua New Guinea:** Marani Aaron, Amos Andrew, Magdalene Bakat, Samantha Barnabas, Desmond Beng, Saino Edwin, Mercia Girey, Lydia George, Anastasia Hagai, Douglas Idufanoa, Martha Jimmy, Delilah Kago, Jimmy Kepas, Josephine Komau, Lucas Kano, Kups Sinam, Ketso Maiak, John Meta, Jemimah Nandap, Sophie N'Driwai, Robert Nugue, Magdalene Olapu, Virginia Ouyoumb, Uniam Pemseim, Issac Ramson, Joyce Rovagipo, Sie Simon, Waigie Wai, Nelson Walo, Roselyn Willie, Jonas Yarra
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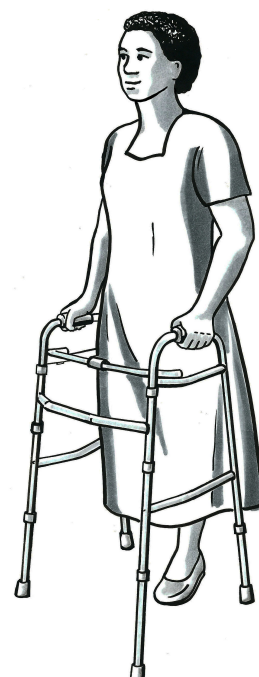
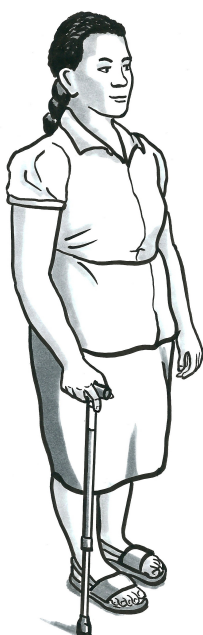


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# Contents

<b>1. Introduction</b>	<b>4</b>
1.1. The Walking Aid Training Package (WATP)	4
1.2. Who are the people who will use the WATP?	4
<b>2. Overview of the WATP</b>	<b>5</b>
2.1 Eight steps of walking aid service delivery	5
2.2 WATP sessions	6
<b>3. WATP Resources</b>	<b>7</b>
3.1 Resources included in the WATP	7
3.2 Resources to be sourced locally	10
3.3 Overview of all resources	11
<b>4. Using the WATP to deliver training</b>	<b>12</b>
4.1 Steps to take to deliver training	12
4.2 Adapting the WATP	13



### 1.1. The Walking Aid Training Package (WATP)

**Development:** This Walking Aid Training Package (WATP) was developed by Motivation Australia with funding from the Australian Government through the SPSN programme in Papua New Guinea (PNG). During the development of the WATP, it was piloted in PNG with the assistance of the Creative Self Help Centre and the Divine Word University Physiotherapy Department. The WATP was also piloted in Vanuatu by the Vanuatu Society for Persons with Disabilities, in Fiji with the Spinal Injuries Association and in Samoa by the National Health Service Mobility Device Service. Peer reviewers from Motivation Australia's Clinical Technical Reference Group also provided input.

**Purpose:** To increase the number of people able to access a walking aid with the assistance of personnel trained to safely and effectively provide a walking aid.

**By the end of the training participants should have more knowledge about how to:**

- Assess the needs of a person who may benefit from a walking aid
- Select an appropriate walking aid for a user, considering their environment and physical needs
- Fit an appropriate walking aid to a user and teach them how to use it safely
- Follow up a walking aid user and provide any necessary adjustments, maintenance or additional user training

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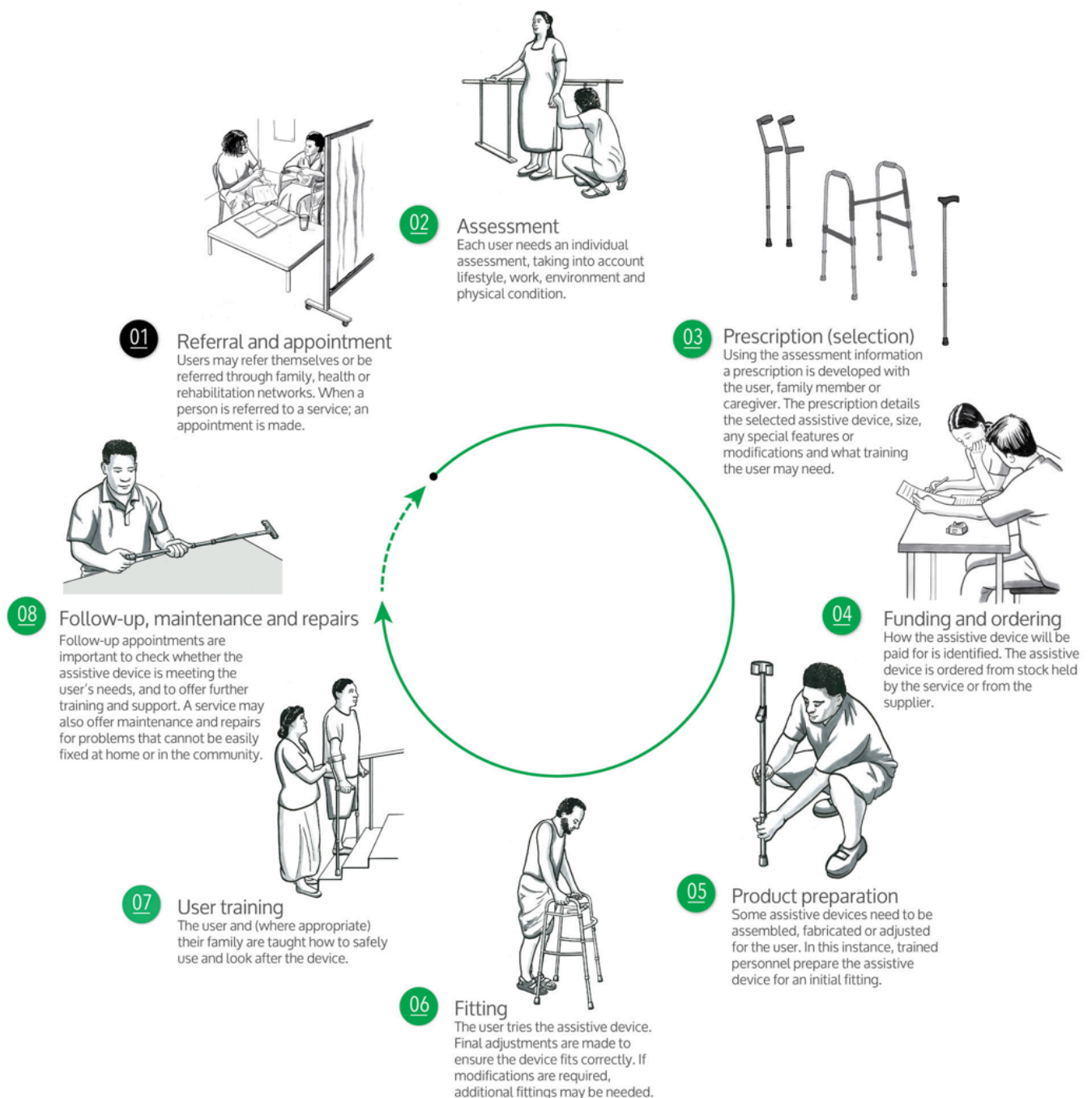
### 1.2. Who are the people who will use the WATP?

<b>Trainers</b>	The WATP is a training tool for trainers who already have a good understanding of disability, the use and provision of walking aids, and practical experience in providing walking aids. These trainers can use the WATP and their existing knowledge and skills to teach others how to safely and effectively provide a walking aid.
<b>Training participants</b>	<p>The WATP is designed to teach people who already are, or could carry out walking aid service delivery. This includes health and rehabilitation workers and/or volunteers working in hospital or community services. To begin the training, participants should ideally have some understanding of the needs of people with a disability.</p> <p>The WATP can be used to train groups of any size up to 30. For larger groups (over 20), it is recommended to have at least one assistant trainer to support the lead trainer.</p>

## 2.1 Eight steps of walking aid service delivery

The WATP teaches participants how to carry each of the eight steps involved in walking aid service delivery. The steps are based on the eight steps of service delivery described in the WHO Guidelines on the Provision of Manual Wheelchairs in Less Resourced Settings (Borg & Khasnabis, 2008).

### The eight steps for walking aid service delivery



## 2

## Overview of the WATP

### 2.2 WATP sessions

The training is delivered in ten sessions. These sessions may be delivered in one day, or spread over two or more days.

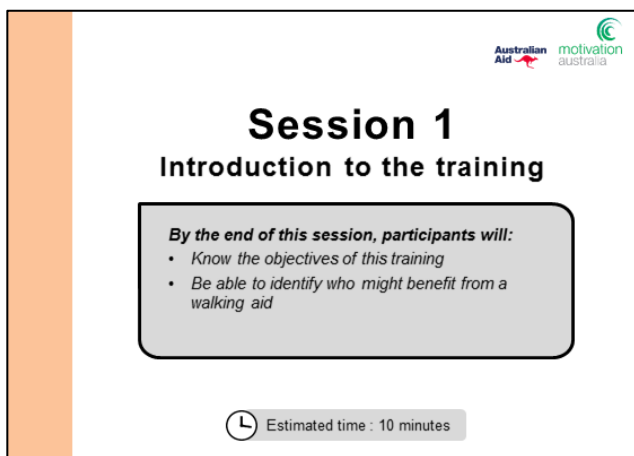
The table below is an overview of the sessions and an estimate of the time needed to deliver each session. Where possible, and particularly for participants with less experience, it is ideal to provide additional time during or after the training for participants to have supervised practise with users.

	Session Number	Title	Estimated Minutes
<b>Introduction</b>			
Introduction to trainer, participants and purpose of the training.	1	Introduction to the training	10
<b>Learning topics</b>			
These learning sessions provide the theoretical knowledge and skills for the safe provision of walking aids. The information provided follows the walking aid steps of service provision.	2	Introduction to walking aids	45
	3	Assessment for walking aids	30
		Small group activity: Assessment for walking aids	30
	4	Selection (prescription) of walking aids	15
		Group case study: Selection	20
	5	Preparation and fitting of walking aids	15
	6	User training	20
	7	Follow up, repairs and maintenance	15
<b>Practising skills</b>			
Participants practice using new knowledge and skills. There are eight possible activity stations, however participants only do four.	8	Activity Stations	90
<b>Knowledge review</b>			
The quiz is an opportunity to check the understanding of some key concepts of the training.	9	Quiz	20
<b>Certificates and training evaluation</b>			
Participants receive attendance certificates and are asked to fill in an evaluation form.	10	Certificates and training evaluation	10

### 3.1 Resources included in the WATP

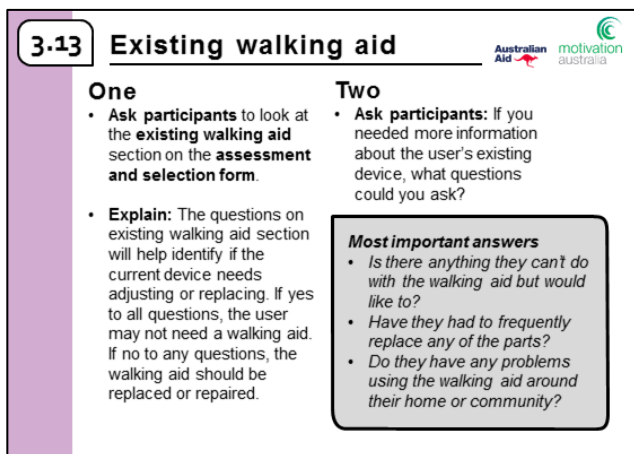
The WATP contains a number of resources to help the trainer deliver the training. Some of these are printed and provided in the WATP folder. A soft copy of all resources is on the USB. The different resources are:

**Trainer Cards:** The Trainer Cards provide the trainer with prompts to deliver each session. This includes the key information the trainer should explain, how to carry out any practical exercises, and what visual aids (cards/PPT) can be used during the session.



Trainer Cards include:

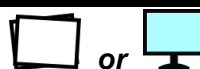
- The objectives of the session and estimated time.





- What information to cover and in which order,
- When to explain a point, when to ask a question,
- The key message for that part of the training,
- What other resources they should use and when during that session (see below).

**Trainer background notes:** These notes provide trainers with information about the topics covered in sessions 1-7. This information will assist the trainer to prepare to deliver these sessions. Trainers should be familiar with this information before the training. They are not designed to be used during the training.

#### Printed Cards or PPT Slides (cards/PPT):



The printed cards/PPT slides contain information and illustrations to be used to emphasise key points. Trainers choose to use this resource either as printed cards (provided with the WATP) or as a PPT (provided on the USB with the WATP). The choice will depend on the availability of a data projector, electricity and the size of the group.

**6.2 Safely assisting someone to walk**  

**One**



- **Explain:**
  - Sometimes walking aid users will need assistance to walk.
  - Only assist someone when it is safe for both you and the user.
  - Always talk to the user about what you are going to do.

**Two**

- Refer to **printed card/PPT 15 and 16** and demonstrate how to assist someone.

**Key point**

- When assisting someone you must position your body so you do not get injured:
  - Brace your body,
  - Bend your knees,
  - Keep your back straight, do not twist or bend over.

 or   
 15  
16

There are not printed cards/PPT for each session topic. They are only used where a visual image or additional notes will assist the training.

The Trainer Cards advise the trainer when to refer to the card/PPT to provide information to participants.

### Video clips:



Short video clips demonstrating the different methods of walking with a walking aid are included on the WSTP USB. These are an additional resource that the trainer may use to refresh their own skills before teaching, or show to participants during Session 6 (user training).



**Poster:** A poster showing the eight steps of service delivery is provided as part of the WATP. This is referred to in Session 2, however is also a useful visual aid to have available throughout the entire training. A copy is on the WATP USB so that trainers can print more to hand out to participants.

**Activity Station Cards:** These cards are used during Session 8, a practical session for participants to practice:

- Selecting the most important walking aid for each individual user based on assessment information;
- Fitting walking aids correctly for each user;
- Giving walking aid users training in how to use their walking aid correctly and safely.

In groups of 3-4, participants rotate between four of the eight Activity Stations to carry out the activities. Each group should complete:

- Activity station A.1 or A.2
- Activity station B.1 or B.2
- Activity station C.1 or C.2
- Activity station D.1 or D.2

**A.1 Activity Station**  

**What to do at this station:**

- **Select** one person in your group to be a person needing a walking aid (user).
- The other group members should **measure and fit** a pair of underarm crutches for the user.
- **Teach** the user how to use the crutches, weight bearing on one leg, using the:
  - 'Step to' method
  - 'Step through' method
- **Teach** the user how to use the crutches, weight bearing on two legs, using the:
  - 'Step to' method
  - 'Step through' method
  - Reciprocal walking
- **Teach** the user how to walk up and down stairs with underarm crutches.

The Activity Station Cards provide the information participants need to complete each activity. How to set up the Activity Stations is described in the Trainer Cards for Session 8.



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**Service Forms:** Two service forms are recommended for the provision of a Walking Aid. These are:

- Walking Aid Assessment and Selection form
- Walking Aid Follow Up form.

Each form is provided in two versions. One version includes space to record the results of a Timed Up and Go Test (TUGT). The other version does not. Trainers select the version they want to introduce, based on whether they will teach the TUGT as part of the mobility assessment. Soft copies of these forms are on the USB. Services may adapt these forms to suit their local needs.

Laminated copies of the assessment and selection forms are provided in the WATP as these are used during Session 3 and Session 8 (see Trainer Cards). The form can be written on with a thin tip white board marker, and wiped clean at the end of the activities and re-used by other groups.

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**Participant hand out:** The participant hand out includes:

- A table to review which device would be appropriate for each walking aid user considering their physical condition and environment;
- A summary of the different ways to walk with a walking aid, as a prompt for training users;
- A summary of the eight service steps.

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**Quiz:** The quiz will help to assess how well participants have understood the learning. Participants take the quiz during Session 9. How to run the quiz is described in the Trainer Cards for Session 9.

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**Course evaluation forms:** Evaluation forms to be completed by the trainer and participants are provided on the USB. Trainers may adapt these forms if they have specific areas they would like more feedback on.

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**Attendance certificate template:** A template is available on the USB for trainers to prepare attendance certificates for each participant. These should be prepared before the training, and signed by the trainer. Trainers may adapt the certificate – for example by adding the training host or sponsor logos.

## **3** WATP Resources

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### **3.2 Resources to be sourced locally**

Trainers will need to gather some resources to run the training. This includes:

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**Demonstration walking aids:** A range of walking aids are needed to run the training. The trainer will use these for demonstration, and they are also used during practical sessions.

Trainers should select walking aids most likely to be available in the participants' location. For a group of up to 30 people, it is recommended that there are at least:

- 3 forearm crutches
- 3 underarm crutches
- 1 four point walker
- 1 wheeled walker
- 2 walking sticks

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**Note pad and pen:** Each participant will need a note pad and pen to take notes during the training.

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**Thin tip white board markers:** These are used to mark the laminated assessment form (see above). Approximately 4-8 are needed depending on the group size.





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**Tape measures:** For a group of up to 30 people, 6 firm, retractable tape measures are needed. Soft, fabric tape measures are not suitable.

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**Stop watch:** A stop watch is used to demonstrate the Timed Up and Go Test (TUGT). See Trainer Cards for Session 3.

### 3.3 Overview of all resources required to run the training

Resource	Description	WATP	Locally sourced
Trainer Cards	Used to deliver each session.	✓	
Trainer Background Notes	Background notes for sessions 1-7.	✓	
Trainer Cards	Used to deliver each session.	✓	
Printed cards / Power point (PPT) slides 	To emphasise key information, presented as: <ul style="list-style-type: none"> <li> A printed (A4 card) or</li> <li> PowerPoint (PPT)<sup>1</sup>,</li> </ul>	✓	
Video clips 	Demonstration of the different methods of walking with different walking aids (on USB).	✓	
Poster	Eight steps of service delivery.	✓	
Activity Station cards	Instructions for practical activities at 'Activity Stations' (session 8)	✓	
Service forms	Laminated assessment and selection forms Soft copies of assessment and selection form and follow up form (on USB)	✓	
Participant hand-out	Hand-outs on selecting walking aids and user training.	✓	
Quiz	A quiz, to assess how well participants have understood.	✓	
Training evaluation forms	Course evaluation forms for trainers and participants.	✓	
Attendance certificate	Template certificate on the USB.	✓	
Demonstration walking aids	For up to 30 people: 3 x forearm crutches, 3 x underarm crutches, 1 x four point walker, 1 x wheeled walker, 2 x walking sticks		✓
Note pad and pen	One each per participant		✓
Thin tip white board markers	4 - 8		✓
Tape measures	For a group of up to 30 people: 6 x firm, retractable tape measures.		✓
Stop watch	One stop watch to demonstrate the 'timed up and go test'		✓

<sup>1</sup> If using the PPT slides, trainers will need a lap top, data projector and screen.

# 4

## Using the WATP to deliver the training

### 4.1 Steps to take to deliver the training

Step 1	Familiarise yourself with the WATP resources	Go through the training resources in the WATP and make sure that you are familiar with each one. This includes how and when each resource is used within the training. Read the Trainer Background Notes, to ensure that you fully understand the topics covered in each session. If you are unsure, consult with a colleague or mentor.
Step 2	Review each session, and adapt for context or participant learning needs	Review each session in details as it is laid out in the Trainer Cards. Think about the learning needs of the participants of your training, and the context in which they will be working; and decide if any adaptations are needed. Some examples of adaptations that could be made are on the next page.
Step 3	Prepare a training timetable	Decide whether the training will be run on one day, or spread out over a few days. Decide what time you will start and when there will be breaks. Use the estimated times for delivering each session as a guide, however plan to take longer if participants have less experience. Prepare a written timetable so that you can share this with participants at the beginning of the training.
Step 4	Gather resources	Allow enough time <b>before</b> the training to prepare and gather the resources you will need, including: <ul style="list-style-type: none"> <li>WATP Resources: Check the resources are all in place; photocopy any additional copies of the participant reference, service forms, quiz and evaluation forms</li> <li>Locally sourced resources: Gather the resources that need to be sourced locally</li> <li>Prepare attendance certificates using the template provided</li> </ul>
Step 5	Prepare the training room	<p>Training room:</p> <ul style="list-style-type: none"> <li>Set up tables and chairs ready for the introduction and learning topics</li> <li>If using PPT, set up computer and data projector</li> <li>Pin up the Service Steps Poster</li> </ul> <p>Activity stations:</p> <ul style="list-style-type: none"> <li>Decide the location of each Activity Station, making sure there is enough room for participants to carry out the different activities.</li> <li>At each Activity Station location, place an Activity Station Card and the resources needed to complete the activity. Resources are listed on the Trainer Cards for session eight, and the table below.</li> </ul>
Step 6	Evaluate the training	Feedback from participants, and the trainer's own evaluation can assist the trainer to recognise what went well, and what could be improved. Ideally, hand out the WATP evaluation forms to participants to complete before they leave the training. Aim to complete the trainer evaluation form soon after the training.

### 4.2 Adapting the WATP

The WATP provides a guide for an experienced trainer to teach participants how to safely and effectively provide a walking aid. Trainers are likely to need to use the WATP in slightly different ways, depending on where they deliver the training, and the learning needs of participants.

Below are some examples of adaptations that may be made.

Context or participant's learning needs	Possible adaptation
Participants are community level workers, and are not used to carrying out a formal assessment. They have a limited amount of time available to provide walking aids due to their other roles.	The Timed Up and Go Test may not be suitable, as using the results requires 'clinical reasoning skills'. The trainer may decide to not use the Timed Up and Go Test (TUGT). In this instance, they would introduce the assessment and selection form without TUGT.
Participants have limited knowledge of how to identify a person at risk of developing a foot ulcer.	The trainer decides to add a session on how to identify a person at risk of developing a foot ulcer.
Participants are working in a location that has very limited access to walking aids. There are only four point walking frames and underarm crutches.	The trainer provides a brief introduction to the full range of walking aids, however focuses on practising how to provide the available walking aids. The advantages of forearm crutches over underarm crutches is still highlighted so that these participants can advocate for forearm crutches to be added to the walking aids they have access to.
Participants have limited experience in working with people who have a disability.	The trainer decides to add a background session on disability, and working with people with a disability. The trainer also adds a ½ day practical with volunteer clients for participants to practise walking aid service delivery.
Participants are qualified physiotherapists, and the training is being provided as part of a project to increase walking aid service delivery. A range of quality walking aids is being made available through the project. The project requires some additional data to be collected to report to the donor.	The trainer adapts the assessment and selection form, to add the additional information required by the donor. How to collect this information from clients is added to session 3. As the physiotherapists are also providing rehabilitation to many of the people who are receiving walking aids, more time is spent on the Timed Up and Go Test, so that the physiotherapists can use this to assess improvement in mobility over time.

## 4.3 Summary of resources needed for Activity Stations

A: Practicing fitting crutches, and mobilising with crutches			
<b>A.1</b>	<ul style="list-style-type: none"> <li>✓ A.1 Activity Card</li> <li>✓ One pair underarm crutches</li> <li>✓ Tape measure</li> <li>✓ Laminated assessment and selection form + whiteboard marker pen</li> </ul>	<b>A.2</b>	<ul style="list-style-type: none"> <li>✓ A.2 Activity Card</li> <li>✓ One pair forearm crutches</li> <li>✓ Tape measure</li> <li>✓ Laminated assessment and selection form + whiteboard marker pen</li> </ul>
B: Selection of an appropriate walking aid for an individual user			
<b>B.1</b>	<ul style="list-style-type: none"> <li>✓ B.1 Activity Card</li> <li>✓ Laminated assessment and selection form + whiteboard marker pen</li> <li>✓ Notepaper + Pen</li> </ul>	<b>B.2</b>	<ul style="list-style-type: none"> <li>✓ B.2 Activity Card</li> <li>✓ Laminated assessment and selection form + whiteboard marker pen</li> <li>✓ Notepaper + Pen</li> </ul>
C: Fitting a walking stick for a user and teaching them how to use it			
<b>C.1</b>	<ul style="list-style-type: none"> <li>✓ C.1 Activity Card</li> <li>✓ Walking stick</li> <li>✓ Tape measure</li> <li>✓ Laminated assessment and selection form + whiteboard marker pen</li> <li>✓ Notepaper + Pen</li> </ul>	<b>C.2</b>	<ul style="list-style-type: none"> <li>✓ C.2 Activity Card</li> <li>✓ Walking stick</li> <li>✓ Tape measure</li> <li>✓ Laminated assessment and selection form + whiteboard marker pen</li> <li>✓ Notepaper + Pen</li> </ul>
D: Fitting a walking frame or wheeled walker for a user and teaching them how to use it.			
<b>D.1</b>	<ul style="list-style-type: none"> <li>✓ D.1 Activity Card</li> <li>✓ Wheeled walker</li> <li>✓ Tape measure</li> <li>✓ Laminated assessment and selection form + whiteboard marker pen</li> <li>✓ Notepaper + Pen</li> </ul>	<b>D.2</b>	<ul style="list-style-type: none"> <li>✓ D.2 Activity Card</li> <li>✓ Standard walking frame</li> <li>✓ Tape measure</li> <li>✓ Laminated assessment and selection form + whiteboard marker pen</li> <li>✓ Notepaper + Pen</li> </ul>