

The use of canes and other mobility devices is on the rise among older adults

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Credit: Peter Griffin/public domain

About one-quarter of adults aged 65 years and older used mobility devices—such as canes, walkers, and wheelchairs—in 2011, and about a third of these reported using multiple devices. The use of such devices was not linked with an increased risk of falling, but people who used canes were more likely to report limiting their activities because they worried about falling.

The findings indicate that the percentage of [older adults](#) using mobility devices has increased in recent years, and the use of multiple devices is common.

"Staying active is a key component to staying healthy and maintaining mobility and function. It's important for people to use the device that best matches their needs in order to stay as mobile as possible, but safely," said Dr. Nancy Gell, lead author of the *Journal of the American Geriatrics Society* study.

More information: [DOI: 10.1111/jgs.13393](https://doi.org/10.1111/jgs.13393)

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