

## White Tip Cane

When used correctly, the cane searches the ground ahead of each step. It warns you of obstacles and drop-offs and informs you of what is in front of you. The correct cane technique, which will provide maximum protection.

**Step 1:** Obtain a suitable cane of the right length for your height. The cane grip will reach your armpit when the tip is resting on the floor.

**Step 2:** Use the cane with whichever hand feels most comfortable.

**Step 3:** Understand the parts of a cane. Each cane consists of 3 main parts, the grip (grey part), the tip, and the cane (white part). Hold the grip firmly but loosely in your hand.

**Step 4:** Handle the cane. Let your wrist settle to somewhere between your belly button and waist, slightly to one side, and gently swing the cane from side to side. The tip should always stay in contact with the ground, swinging approximately the width of your shoulders.

**Step 5:** Know how to walk. When you walk, alternate the swing with steps. As you step with the right foot, your cane should go to the left, and vice versa. If you find that your cane is swinging in the wrong direction, let the cane stay in that general direction and fix it with your next few steps. Your head should be held high and your shoulders relaxed.

**Step 6:** Know how to use the stairs. When going down stairs, let the cane tip fall onto the next step and don't swing it in case other people are trying to go down the stairs too. When going up the stairs, the cane will hit the first step when you are on the ground level. Grab the cane so it's relatively vertical, and let the cane hit each step as you ascend. Once you reach the top, go back to swinging. When going down the stairs, let the cane tip fall onto the next step and the step down to it. For a smoother descent push the cane forward along the step and allow the cane drop two steps below, so that it is always a step ahead of you.

**Step 7:** Practice using a cane; it takes a while to get used to. Make sure you are confident in your cane mobility skills before going out alone.

The above information has been read to the inmate and the inmate has voiced understanding.

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Inmate Signature

Date

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Witness Signature

Date

Inmate Name \_\_\_\_\_

DC# \_\_\_\_\_ Race/Sex \_\_\_\_\_

Date of Birth \_\_\_\_\_

Institution \_\_\_\_\_