

Moving around (walking)

Sometimes cancer, or treatment side effects, can affect how you walk and move around (your mobility). Problems moving around can make simple tasks difficult. These tasks might include getting:

- in or out of bed, or up and down stairs
- dressed or making a meal
- into a car or taking the bus or a train.

Tips for managing mobility problems

If you have problems moving around getting the right equipment, advice and support can help. Your GP, cancer doctor or nurse can tell you what support is available and how to access it.

Help might include:

- Treatment to manage any symptoms or side effects that make your mobility problems worse.
- Advice and support from a physiotherapist or occupational therapist.
- Mobility aids such as walking sticks, frames or a wheelchair or mobility scooter equipment such as:
 - handrails
 - a raised toilet seat
 - a seat for the shower
 - furniture risers
 - a sit stool for the kitchen.
- Changes in the home such as a walk-in shower or a ramp over door steps.
- Someone to help you with getting dressed, shopping or transport to appointments.
- Disability-related benefits and help with money.
- Help with transport. This includes help with parking through the Blue Badge Scheme.

You may also be able to get support or equipment:

- Through social services. A healthcare professional can usually refer you, or you can contact social services yourself. Social services may ask you to pay some of the cost of any support they offer. This depends on your financial situation. You may be entitled to extra benefits to help you get care.
- From a charity or voluntary organisation. Some services are free. You may pay for others.
- By paying privately. It is often useful to ask social services for a needs assessment and advice, even if you plan to do this. Social services can also give you advice about approved providers.
- If you are in hospital, your healthcare team will plan any support you need so you can manage safely at home. They will arrange this before you are discharged. Try to think about your home and how able you are to move around. Are there any day to day tasks that will be difficult for you? If you are worried about how you will manage, tell someone in your healthcare team as soon as possible.

Local resources:

Resource	Contact details

National resources:

Resource	Contact details
<ul style="list-style-type: none"> • Disabled Living • Independent Living • Socialcareinfo 	<ul style="list-style-type: none"> • www.disabledliving.co.uk Tel 0161 607 8200 • www.independentliving.co.uk • www.socialcareinfo.net

Further information

www.macmillan.org.uk/information-and-support/organising/benefits-and-financial-support/help-with-transport-and-parking/blue-badge-scheme

www.macmillan.org.uk/information-and-support/organising/benefits-and-financial-support/disability-related-benefits

Our booklets and leaflets are available to order free on be.macmillan.org.uk

- **Managing the symptoms of cancer**
- **Help with the cost of cancer**
- **Going home from hospital**

More information and support

If you have more questions or would like to talk to someone, call the Macmillan Support Line free on **0808 808 00 00**, 7 days a week, 8am to 8pm, or visit macmillan.org.uk

Deaf or hard of hearing? Call using NGT (Text Relay) on **18001 0808 808 00 00**, or use the NGT Lite app. Speak another language? Telephone interpreters are available. Please tell us in English the language you would like to use.

We produce information in a range of formats and languages. To order these visit macmillan.org.uk/otherformats or call our support line.