

Moving around (walking)

Sometimes cancer, or side effects of cancer treatment, can affect how you walk and move around (your mobility). This might be a short-term problem as your body recovers from [cancer treatment](#). Or it may be a long-term or permanent change.

Problems moving around can make simple tasks difficult. These might include:

- moving around the house
- getting in or out of your chair or bed, or up and down stairs
- bathing and dressing
- preparing and eating drinks and meals
- travelling outside your home.

Tips for dealing with mobility problems

- If you are in hospital, your healthcare team will plan any support you need so you can manage safely at home. They usually arrange this before you are [discharged](#).
- Getting the right equipment, advice and support can help with mobility problems. Your GP, cancer doctor or nurse can tell you what support is available and how to access it.
- A physiotherapist (PT) can give advice and support about exercise and mobility. Or an occupational therapist (OT) can give information, support and equipment to help with everyday tasks.
- Mobility aids may help with moving around. These include walking sticks, walking frames (Zimmer frames), wheelchairs or mobility scooters. An PT or OT can advise which type might be best for you.
- You may be able to apply for a Blue Badge that allows you to park nearer to shops and services. Check [GOV.UK](#) to see if you are eligible.
- Specialist equipment may help you manage tasks at home. Your OT might assess your home to see what would be suitable for you. They can advise you on ways to make life easier and safer, such as:
 - a walk-in shower or a ramp over doorsteps
 - a raised toilet seat or toilet frame
 - handrails, slip mats and shower seats in your bathroom
 - furniture raisers to raise your bed and chair, or a riser recliner chair
 - a rail attached to your bed
 - stair rails or a stair lift.
- You may be able to get disability-related benefits or help with money. If you need help, talk to our advisers by calling **0808 808 00 00**.
- Adult social services may be able to help with mobility problems. A healthcare professional can usually refer you. Or you can contact adult social services yourself. They 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.
- Even if you plan to pay privately for support with mobility problems, it is often useful to ask social services for a [needs assessment](#).
- Charities such as the Red Cross, or voluntary organisations, may be able to provide support or equipment. Some services are free. You may pay for others.
- Mobility problems can mean you have to make changes to your day to day life. You may find simple solutions that mean you adjust easily. But it can cause [anxiety](#), loss of confidence and other difficult feelings. Our [Online Community](#) is a place you can share experiences and find others who understand.

Macmillan Cancer Support resources

We have more information on our [website](#), including audiobooks. Or you can order our free booklets and leaflets on be.macmillan.org.uk such as:

- [Going home from hospital](#)
- [Help with the cost of cancer](#)
- [Help with the cost of cancer audiobook](#)
- [Looking after someone with cancer](#)
- [Looking after someone with cancer audiobook](#)
- [Managing the symptoms of cancer.](#)

We produce information in a [range of formats](#) and [languages](#). To order these, visit our website or call our support line.

Further Macmillan 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 where you can [chat online](#) to one of our team.

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.

Or if you want to share your experiences or ask questions, you can find others who understand on our [Online Community](#).

Our free [Macmillan Buddy service](#) can arrange weekly calls or visits with a friendly volunteer who understands what you're going through.

Other useful contact details

- Age UK – visit www.ageuk.org.uk or call **0800 055 6112**
- British Red Cross – visit www.redcross.org.uk or call **0808 196 3651**
- Disabled Living – visit www.disabledliving.co.uk or call **0161 214 4590**
- Independent Living – visit www.independentliving.co.uk
- UK Homecare Association – visit www.homecareassociation.org.uk or call **0208 661 8188**

Notes and questions
