

# Moving around (walking)

This information is about mobility. Sometimes, cancer or treatment side effects can affect how easy it is to 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 tasks might include:

- moving around the house
- getting in or out of your chair or bed, or up and down stairs
- getting bathed and dressed
- 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](#).
- If you need help with mobility problems, your GP, cancer doctor or specialist nurse can tell you what support is available and how to access it.
- They may also arrange for you to see a physiotherapist (PT). This is someone who gives information, support and aids to help people with tasks such as washing and dressing. Or you may be referred to an occupational therapist (OT). This is someone who gives advice about exercise and mobility.
- You may also be able to get help coping with mobility problems through adult social services. A healthcare professional can usually refer you, or you can contact adult social services. Social services can offer you a needs assessment.
- Or you can find your local adult social care service and apply for a needs assessment. During an assessment, a social worker, OT or nurse will ask you about your daily routine and things you find difficult. This can help them assess what you need and what care or equipment they can give.
- 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](#) (England and Wales), [mygov.scot](#) (Scotland) and [nidirect.gov.uk](#) (Northern Ireland) to see if you are eligible.
- You may be able to get disability-related [benefits](#) or help with money. If you need help, talk to our money advisers by calling **0808 808 00 00**.
- Charities such as the [British Red Cross](#) or voluntary organisations, may be able to provide support or equipment. Some services are free. You may pay for others.
- If you are live alone or are worried, a personal alarm may be a good idea. You can call for help by pressing a button worn around your neck or wrist to call a 24-hour response centre. The response team can alert someone to help. Carers UK has [information about these alarms](#) and other technology that can help you.
- Mobility problems can mean you have to make changes to your daily 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.

The following things can help with moving around safely:

- Make sure there is good lighting inside the house, especially on stairs.
- Make sure there is nothing on the floor that you can trip on, such as cables or clutter.
- Use non-slip mats or rugs.
- Make sure you wear comfortable, well-fitting shoes with a good grip.

## Macmillan Cancer Support resources

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

- MAC12908 [Going home from hospital](#)
- MAC4026 [Help with the cost of cancer](#) also available to listen to as an [audiobook](#)
- MAC5767 [Looking after someone with cancer](#) also available to listen to as an [audiobook](#)
- MAC11671 [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 on **0808 808 00 00**.

## 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](https://macmillan.org.uk) to [chat online](#) to one of our team.

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

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 with a friendly volunteer who understands what you're going through.

## Other useful contact details

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

## Notes and questions

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