

## **Title :SELF SUPPORTING HAND STICK**

### **Team members:**

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### **Abstract:**

One common reason why people have difficulty climbing stairs and descending stairs is infirmity from old age. Elderly people can have poorer balance, less muscle strength, and more fragile bones than younger people. This means they are more likely to fall and more likely to injure themselves in a fall. This leads to less confidence, poorer mobility, and this in turn leads to loss of muscle strength. Ultimately the person loses their ability to maintain their independent lifestyle. Difficulty climbing stairs and descending stairs is a big issue for people because of the narrow space, high steps, and depth of fall should they lose their balance. People like to remain in their own home for as long as they can. However the onset of old age, disease, and injuries can hamper their ability to remain independent. Commonly, people have difficulty climbing stairs, descending stairs, and getting over high steps, such as those often found at front doors. The stick step, with its low cost, portability and "used as anywhere" design is a useful stair-climbing aid to enable people to remain in their own homes.

### **Photos:**

