

# Cleaning Mobility Devices - “Mobility Aid Wash”

**Length:** 40 minutes (depending on number of participants)

**Materials:** Large room or common area (ideally with two entrances), cleaning materials, garbage for disposal of cleaning materials, healthy living booklets and stickers (included in kit)

**Overview:** Encourage cleaning of mobility aids in a fun and social activity.

## Advance Preparation

1

**Promote mobility aid “car wash” date and time. If needed, book specific time slots so participants are not waiting in line**

2

**Plan “Mobility Aid Wash” room in advance.**

- Determine entrance, number and location of wash/education stations, and exit.
- Determine the amount of time it will take participants to go through “mobility wash”.
- Develop booking form, if needed.
- Plan decorations, music, and snacks for participants.

3

**Organize Health Promotion materials (included in kit)**

- Print health promotion materials from: <https://antibioticwise.ca/over65>, [www.antibioticwise.ca/public](http://www.antibioticwise.ca/public), [www.antibioticwise.ca/professionals](http://www.antibioticwise.ca/professionals)
- Order materials from: <https://antibitoicwise.ca/order>

4

**Review Infection, Prevention, and Control (IPAC) guidelines for your facility**

- Determine materials needed (tables, wipes, gloves, garbage cans, alcohol-based hand rub, etc.).

## Day of Event

1

**Set up entrance, exits, and stations for participants to move through**

2

**Station 1: Hand hygiene with alcohol-based hand rub**

Education on why hand hygiene is needed after touching surfaces that are touched frequently.

- Review handout “How to use Alcohol Based Hand Rub”.
- Have participant demonstrate use of alcohol-based hand rub following written or verbal instructions.

# Cleaning Mobility Devices - “Mobility Aid Wash” (continued)

## 3 Station 2: Mobility device cleaning and disinfection

Following IPAC guidelines, clean and disinfect mobility devices with the appropriate product indicated.

- Teach participant the indications and recommended standards for cleaning and disinfecting their mobility device.
- Demonstrate how to clean the mobility device.
- Instruct how long the product needs to dry before disinfection.
- Demonstrate how to disinfect the mobility device.
- Instruct on how often the device should be cleaned/disinfected.

## 4 Station 3: Health Promotion and Hand Hygiene

This can be a self-serve station with hand-sanitizer and health promotion handouts. Health promotion materials available for display are included or can be printed from the links below:

- [www.antibioticwise.ca/public](http://www.antibioticwise.ca/public)
- [www.antibioticwise.ca/professionals](http://www.antibioticwise.ca/professionals)

If a facilitator is at the station, they can reiterate the messages below:

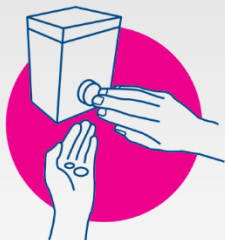
- Practice hand hygiene frequently
- Review steps of applying alcohol-based hand rub
- Stay up to date with immunizations
- Use cough etiquette and use inner elbow or tissue to cover mouth.
- Dispose of tissue after one use.
- Many older adults have bacteria in urine without an infection– only test for bacteria in the urine if there are signs and symptoms of a urinary tract infection. If signs of discomfort start, remember to rehydrate. Many times, symptoms are from dehydration. This can help avoid unnecessary antibiotics.
- Remember, most colds, influenza, and COVID-19 are all viral infections and antibiotics don't work for viral infections.

## 5 Exit with a clean mobility device and clean hands!

Put a sticker on the participants healthy living booklet for completing the health promotion session.

## 6 Provide area with chairs for socialization and optional tea/snacks

# How to use ALCOHOL BASED HAND RUB



1

Apply product

Spread around hands for at least 15 seconds until dry



2

Palms



3

Fingers



4

Back of hands



5

Thumbs



Use soap and water if hands are visibly dirty

Handwashing is the best way to prevent the spread of antibiotic resistant infections.

antibiotic  
**wise**.ca