



# ASSISTIVE TECHNOLOGY FOR COMFORTABLE SEATING



## IMAGINE

**Do you sometimes have difficulty transferring from a day or dining chair?**

Do you spend long periods of time sitting in a day chair? Are you looking for a more supportive or comfortable seat and backrest?

Would you like to be able to elevate your legs easily while sitting in a chair?

Selecting the right chair can lead to an increase in independence and safety and allow the user to engage in activities that are meaningful to them.



Utility Chair



Reclining chair



## SEEK

**To find out more, you can...**

Phone **LifeTec on 1300 543 383** to discuss options and suitability with a health professional

Visit a **LifeTec display centre** to view and trial a selection of products, and obtain professional advice in person

Speak to your occupational therapist for support with choosing the right chair features and seating solution.

Search the National Equipment Database at **[www.ilcaustralia.org.au](http://www.ilcaustralia.org.au)** for further information on a wide range of medication aids.



## CHOOSE

**What can I choose from?**

There are a number seating options on the market which range from simple utility chairs to pressure reduction seating for people who are risk of developing pressure injuries due to immobility. Selecting the right seating solution can depend on a few factors including your size, how mobile you are in getting in and out of a chair, and where and how you want to use it.

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[www.lifetec.org.au](http://www.lifetec.org.au)



Utility chairs have height adjustable legs, firm armrests and a relatively firm seat to make transfers easier. An upright backrest can assist with desktop activities such as eating and drinking. Seat and backrest coverings may be made from vinyl for easy maintenance, but fabric options are available too.



High back day chairs with contoured seats and backrests can offer comfort and provide more postural support. The seat and backrest are often well padded and the chair legs are usually height adjustable. The backrest be adjustable depending on the individual chair model, which allows you to adjust the seat depth and angle.



Electric lift chairs come in single and dual motor options. A single motor electric lift chair allows you to adjust the seat height to facilitate transfers. You may be able to raise and lower the leg rest for comfort using a handheld remote control. A dual motor electric lift chair allows you to independently adjust the angle of the backrest for upright or reclined sitting. Dual motor remotes have more buttons which can make them harder to operate. Some seats and backrests may have pressure reducing foam or air seat cushions, which may be a good option for people who spend long periods of time sitting.



Pressure reduction seating is available for people who are not highly mobile or who find it difficult to weight bear for transfers. These can be moved into place by a carer or support partner. The seat and backrest are contoured to help keep you sitting symmetrically. Pressure reducing foam or air pockets in the seat and backrest assist with pressure distribution and prevention of pressure injuries. The seat sides and backrest wings may also drop down, to make side transfers easier. The backrest, seat and leg rest angle can be controlled from the back of the chair by a support person.



Seating accessories are available to help convert your favourite seat into a more suitable solution. Chair raisers and stand-assist frames can be placed under the seat cushions or leg rests of the seat.



LIVE

**FITTING**

- It is important to ensure that the adjustable components of the chair meet your needs.
- Seek support from a health professional if necessary.

**TRAINING**

- It is useful to seek some training on how to use electric lift chairs, particularly for dual motor models.

**REVIEW**

- Regular review of your seating is important for safety, if your abilities are changing over time.

**COST**

- Cost ranges from a couple of hundred to several thousand dollars.

**Contact details**

- ➔ [www.lifetec.org.au](http://www.lifetec.org.au)
- ➔ **1300 LIFETEC** (1300 543 383)
- ➔ [mail@lifetec.org.au](mailto:mail@lifetec.org.au)

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 [lifetec.brisbane](http://lifetec.brisbane)

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