



# ASSISTIVE TECHNOLOGY FOR MANUAL MOBILITY



## IMAGINE

### Do you want to get around the home, workplace or community?

Do you want something that's lighter and more portable than a scooter or power wheelchair?

Do you want a mobility option that can be used without power?

You can use a manual wheelchair or specialised stroller to...

- Travel longer distances and access the places you want to go
- Keep comfortable and well-supported no matter where you are
- Stay active, mobile and participate in the things that matter most to you



Manual wheelchair  
(self-propelled)



Manual wheelchair (transit)  
with tilt-in-space



Specialised stroller  
(transit)



## 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 or physiotherapist.

Use the National Equipment Database at **[www.ilcaustralia.org.au](http://www.ilcaustralia.org.au)** for further information on wheeled mobility options.

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**LifeTec**<sup>TM</sup>  
Live your Potential

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



**CHOOSE**

**What can I choose from?**

There are a lot of choices when it comes to wheelchairs. Strollers are not quite as versatile but still have a range of features. Here are some key features to consider when choosing a wheelchair or stroller:

**Self-propelled / Transit** Manual wheelchairs can either be pushed by the person in them (self-propelled) or by someone behind them (transit or attendant-propelled). Strollers can only be attendant-propelled.

**Basic / scripted** Basic wheelchairs come in a standard size, with a standard set of features. Scripted wheelchairs can be customised and have many sizes, features and accessories to choose from.

**Folding / rigid** Many wheelchairs, and most strollers fold up. This can make them easier to transport. Rigid wheelchairs don't fold but are generally more stable and easier to propel, and are usually lighter. Many rigid chairs can be dismantled for transport.

**Tilt-in-space** Some wheelchairs and strollers will allow an attendant to tilt the whole seat and backrest back to adjust a person's seating posture. This can help to manage pressure and comfort too.



**LIVE**

**LOOKS**

- Appeal of the design
- Colours and patterns
- Accessories to personalise

**SIZING**

- A snug fit is better
- Can you reach the wheels?
- Can you fit through doorways?

**DURABILITY**

- What is the load capacity?
- Will it take your weight plus all add-ons?
- What is it made of?
- What is the warranty?

**TRANSPORT**

- How heavy is it?
- Can it fit in your vehicle?
- Is it crash tested?

**PROPULSION**

- Two arms
- One arm
- Feet
- Attendant-propelled
- Power add-ons

**PORTABILITY**

- How heavy is it?
- Can you take off the wheels, armrests, leg rests, or headrest?
- Can you fold or dismantle it easily?

**SEATING**

- How long will you be sitting in the chair?
- Can you stay comfortable and supported for this time?
- Custom seating needed?

**SET UP**

- Highly recommended
- What therapy or supplier support do you have in your area?
- Is there support available remotely?

**ACCESSORIES**

- Do I need extra storage?
- Do I need extra safety features (e.g. spoke guards, anti-tippers)?

**TRAINING**

- Highly recommended
- Read the user manual
- Practice to develop your proficiency

**MAINTENANCE**

- Repairs
- Troubleshooting
- Expected life of product
- Warranty

**COST**

- From under \$200 to thousands of 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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**CERTIFICATION**  
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 QUALITY CERTIFIED ORGANISATION

