



# ASSISTIVE TECHNOLOGY FOR PRESSURE REDISTRIBUTION WHEN SEATED



## IMAGINE

Do you have pain or discomfort when sitting in your wheelchair or seat?

Do you spend long periods sitting in the same position?

Have you ever had a pressure injury?

A pressure injury can result in serious injury or hospitalisation. To make sure you avoid developing a pressure injury, you will need to explore different methods of pressure redistribution, which can include seating adjustments and the use of a pressure cushion.

Pressure cushions are seat cushions which are specifically designed for pressure redistribution, especially for people who use a wheelchair.



## SEEK

To find out more, you can...

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

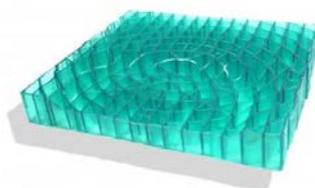
Visit a **LifeTec display centre** to view and trial a selection of products, and obtain professional advice in person

Speak to your occupational therapist, physiotherapist or pressure care nurse about how to identify and prevent pressure injuries.

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



Foam



Gel



Air



Combination

Reviewed on 01/18



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Live your Potential

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



## CHOOSE

## What can I choose from?

<b>Foam</b>	The firmest of the cushion materials. Foam is more stable, but offers the least amount of immersion into the material. The top layers of foam are often softer than those at the bottom. Foam can be specially shaped to help move pressure away from high risk areas, despite low levels of immersion.
<b>Gel</b>	Soft and pliable, gel cushions are often designed to mimic an extra layer of fatty tissue between the user's sitting bones and the seat. Gel is very soft, which can lead to better immersion if the cushion is thick enough. Gel is not very stable.
<b>Air</b>	Air-filled cushions are either designed as a dynamic cushion (to encourage someone to move around on the seat), or as an immersive cushion (with little pockets of air to sink into). These cushions are great at redistributing pressure if inflated correctly (not too much), but can be unstable for people who are transferring into their chair themselves.
<b>Combination</b>	These cushions are made from two or more materials, usually a combination of foam and either gel or air. Foam is used to provide support for transfers and postural stability, while gel or air is used to immerse bony areas at high risk of pressure injury.



## LIVE

## RISK LEVEL

- How much immersion does the cushion provide?
- Where is the pressure distributed?
- Don't choose a cushion based on manufacturer or supplier recommendations alone. Get a full assessment of your own individual needs.

## TRANSFERS

- Can you get on and off the cushion?

## POSTURAL SUPPORT

- Does the cushion provide the right amount of support to keep you stable while moving about?

## SKIN CHECKS

- Must be checked daily for any prolonged redness
- Who will do this? How?
- Who will you contact if you notice anything out of the ordinary?

## MAINTENANCE

- Does the cushion need to be pumped up or massaged? Who will do this? Are they trained?
- Will the cushion cope with accidents (e.g. urine)?
- How do you clean the cushion? Who will do this?

## SIZING

- Are you appropriately immersed in the cushion?
- Are your bony points (e.g. sitting bones) protected?
- Is the cushion the right size for your seat?

## DURABILITY

- What could go wrong?
- Can you repair the cushion, or will you need to replace it?
- What is the warranty?
- What is the expected life of the product?

## COST

- Cost can range from \$100 to \$900

## 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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Acknowledgement of funding

  
**Australian Government**  
 Department of Social Services

  
**QUEENSLAND GOVERNMENT**

**ihca**  
 supporting excellence  
**CERTIFICATION**  
 AS/NZS ISO 9001:2008  
 QUALITY CERTIFIED ORGANISATION

