

Information Sheet – Perching Stool

What is a Perching Stool?

A Perching stool is a height adjustable stool with a slightly sloped seat and splayed legs to ensure a secure base of support.

If you struggle to stand for long periods or need to take frequent breaks, a perching stool may be able to support you to do tasks around your home.

They can come with a back & arms, or without, and in various seat widths.



Things to consider about a Perching stool:

- The perching stool should not be used in the shower, as the sloping seat may be unsafe when wet and the stool may rust.
- Consider the space available in your home. If space is limited, the legs may be a tripping hazard. Also consider your eyesight and whether you can always see the legs.
- If you need support to stand up, a perching stool with arms may be beneficial. However, you must be able to push up equally through both arms. If you push heavily on one side only, the stool may tip.
- You should not lean over the side of the stool or reach down towards the floor, as this may make it tip.
- Ensure that your weight is within the recommended 'Safe Working Load' for the stool.
- Consider the seat width. There are various seat widths available.

How to use a Perching Stool:

- 1) Before use, ensure that the legs are all equal in height and that all the clips are secure.
- 2) Ensure that the perching stool is placed on an even surface to avoid any unsteadiness.
- 3) Make sure that you can feel the perching stool behind your legs before you sit down.
- 4) If the perching stool has arms, ensure that both are used as additional support.
- 5) Slowly lower yourself onto the seat.

Where can I buy a perching stool?

Below are some suggested retailers online and local retailers but there are many others:

Disability Resource Centre in Dunstable:	www.drcbeds.org.uk / 01582 470900
Care Co in Milton Keynes & Stevenage:	www.careco.co.uk / 01908 310770 & 01438 342440
Anglia Mobility in Bedford:	www.angliamobility.co.uk / 01234 273172
Dunstable Mobility:	www.dunstablemobility.com / 01582 281523
Manage at Home (Medequip):	www.manageathome.co.uk

Safety advice

Please ensure that you follow the manufacturer's instructions when using the perching stool

If you need further assistance

If you are unsure and would feel you would like further advice from a Health or Social Care professional, please contact the number of the relevant team:

Bedfordshire		
ELFT	Community Therapies	0345 602 4064
Luton		
Luton Borough Council	Occupational Therapy	01582 547659 / 547660
Milton Keynes		
Milton Keynes City Council	Occupational Therapy	01908 253772

Disclaimer

The decision to purchase this piece of equipment is entirely yours.

By proceeding with purchase, you acknowledge that you will bear full responsibility for the maintenance of the equipment.

Ensure you use the equipment safely and in accordance with its instructions. Any improper use of the equipment will solely be your responsibility.