

Information Sheet – Seating

Before looking at new chairs, you may wish think about the issues are experiencing with your current chair, as there may be a quick and easy solution to assist you.

You may wish to consider the following:

If you think your chair is too low.

It might be possible to raise it from underneath, using some chair raisers. There are lots of different raisers depending on the type of feet your chair has. Suppliers include:

www.morrisandalexander.com

www.langham-ge.co.uk

If you find yourself leaning to the side in your chair.

You may wish to use some cushions or pillows to help you sit centrally in the chair. A more structured chair (like a Fireside Chair) might also provide a better position.

If you struggle to stand up from your chair but once you are up, you are able to walk.

A Riser Recliner chair may help, as it will help with the movement from sitting to standing. The chair will have a handset and you will be able to stop the chair from raising at any time.

Other things to consider:

- The chair needs to be comfortable - so it is recommended that you try out the chair options before purchasing to ensure that you are happy.
- Ensure that the seat depth is correct for you. If the seat is too deep, you may struggle to stand up from it.
- Ensure that the chair is the correct width for you. If the chair is too wide, you may find yourself leaning to one side.
- Some chairs have wheels so they can be moved from room to room. Consider whether the chair needs to be in a fixed position or if you want to move it about your home.
- Chairs have all sorts of different material coverings, so you might want to consider a chair with a wipeable material in case of spillages.
- Ensure that the 'Safe Working Load' is appropriate for your weight.

Where can I buy a chair?

Many High Street retailers offer a selection of chairs that may be suitable.

However, the following retailers offer more bespoke chairs and many offer home visits.

Manage at Home (Medequip):

www.manageathome.co.uk

The Easy Chair Company in Bishops Stortford:

www.easychaircompany.co.uk / 01279 465863

CareCo in Milton Keynes & Stevenage:

www.careco.co.uk / 01908 310770 & 01438 342440

Anglia Mobility in Bedford:

www.angliamobility.co.uk / 01234 273172

Accora:

www.accora.care / 01223 206100

If you feel you need something bespoke / tailored to meet your needs

If you are unsure or feel that your needs are higher than something you can find yourself, please contact the relevant Occupational Therapy Team to discuss an assessment of your needs:

Bedfordshire		
ELFT	Community Therapy Teams	0345 602 4064
Luton		
HCRG Care Group	Services include Intermediate Care & Rehabilitation	0300 247 0053
Luton Borough Council	Occupational Therapy - Adults	01582 547659
Milton Keynes		
Milton Keynes City Council	Adult Social Care	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.