



Independent Living Centre
Moray Resource Centre
Maisondieu Road
ELGIN IV30 1RX

Tel: 01343 559461

CHOOSING AN ELECTRIC RISER/RECLINER CHAIR

Please read our leaflet on 'Choosing an Armchair' first. If you still feel you need a rise and recliner chair these are some points to consider.

There are basically 3 types of chair available.

1. Recline Only. This will allow you to lay back in the chair to relax or snooze.
2. Rise and Recline. This will allow you to lay back in the chair, but will also elevate and tilt you up towards a standing position. Useful if you are unable to get up from your chair yourself.

Options 1 & 2 can be fitted with either one or two motors. Single motor chairs will raise the footrest and recline the chair back together. Dual motor chairs allow these functions to be operated independently, allowing more flexibility for positioning, i.e. sit with your feet up whilst watching TV.

3. Tilting Space Chair. These chairs are more specialised, but are suitable for those who struggle to maintain a seating position and allow the back and seat to recline and tilt together. These types of chairs should be assessed for by an Occupational Therapist.

Some questions to consider before you buy:

- With your back supported does the seat fit the length of your thigh leaving a small gap (about 2 fingers) behind the knees? This will help to maintain good posture and back support. Cushions added later will alter everything.
- With your back supported and wearing indoor footwear, do your feet rest comfortably on the floor, without pushing your knees up?

When you are seated, are your hips and knees in line? Cushions added later will alter everything.

- Is the back rest wide enough for your shoulders and high enough to support your head if you want a sleep?
- Is your spine fully supported along its curves, particularly at your lower back?
- If you need to be hoisted now or in the future, is there sufficient space beneath the chair to allow the hoist in close enough?
- Is the seat wide enough? You need room for winter clothing, pockets and a bit more.
- Do your arms rest comfortably on the armrests, allowing your shoulders to rest in a neutral position?
- Can you imagine yourself reading, watching TV and having a snack in your 'new chair'?
- What is the maximum weight limit of the chair? It is best to buy a chair that will allow for some increase in weight.
- Can you work the control easily and is it on the best side for you?
- Does the chair recline as much as you want and still support you well from head to ankle? Some chairs recline much further than others.
- Can you get on and off the chair easily and safely when you raise the seat? Does it feel steady? Those seconds saved can mean you get to the door or toilet quicker.
- Have you sat on the chair for about 30 minutes before deciding? Five minutes may be very comfortable but 30 minutes will give you a true picture. If comfort is a real problem, chairs with a pressure-relieving seat are available. Or would a head/neck cushion be a useful addition – can the company provide one?
- How much will it cost and when will it be delivered and would you prefer a good second hand chair?

- Are colours and looks important to you? There are many designs and colours available, though some are more cleanable than others. You can even have chairs made in a fabric of your choice.
- Can the company do any alterations to the chair to make it fit you any better?
- Many sofa and armchairs are the wrong shape for a good sitting position. Are you keeping your spine in a good natural S shape (not a C shape). You should be sitting on the bones of your buttocks and not on the bottom of your spine, in a slouched position.
- Is the hand set low voltage? What happens if you spill your tea over the chair?
- Do you have any pets or young relatives who might play around the chair when it is in a raised position? Always check there is nothing under your chair before you lower it.
- If you want an over chair table, will one fit around or under the chair?

For further information please contact us on **01343 559461**

email: info.ilc@moray.gov.uk .

OR look on www.moray.gov.uk and search for Independent Living Centre