



ASSISTIVE TECHNOLOGY FOR WHEELCHAIR SEATING



IMAGINE

Do you want to make sure you are supported and stable in your wheelchair when moving about?

Do you find your wheelchair uncomfortable to use, or find it hard to take part in daily life when you don't have the right support?

You can choose specialised seating options to...

- keep you comfortable and pain-free
- provide the support needed to make tasks easier
- prevent or limit changes to muscles, joints or posture
- provide enough ongoing comfort to carry out the activities that matter to you



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** for further information on wheelchair seating.



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LifeTecTM
Live your Potential

www.lifetec.org.au



CHOOSE

What can I choose from?

There are many seating and positioning options available, both off-the-shelf and custom. Here are some common options:

Cushions	Some cushions may have additional contouring to better support the pelvis Can have special padding and materials for pressure relief
Backrests	High backrests provide more postural support but allow less movement Backrests can be contoured to better support the curves of your spine Are often angle-adjustable as well
Headrests	Headrests help to support and cradle the head and neck
Lateral supports	Thoracic supports help keep you in the middle of your chair or support a curved spine Hip guides help to keep your pelvis in alignment, rather than rotated to one side Adductors help to keep your legs on the seat, rather than too far out
Medial supports	Help to keep your legs in alignment, rather than too close together or rotated
Armrests and tray tables	Help to support the arms and shoulders and contribute to side-to-side stability Tray tables also provide a surface for activities like eating or writing
Belts and harnesses	There are many belts, straps and harnesses to help support the pelvis, legs, torso, shoulders, arms and head. It's very important to get the type and position right so that the strap is safe and does not lead to injury. There is a risk of restrictive practices when using straps which a person can't undo themselves



LIVE

<p>LOOKS</p> <ul style="list-style-type: none"> • Appeal of the design • Colours and materials • Smooth integration with other seating parts 	<p>SIZE AND FIT</p> <ul style="list-style-type: none"> • Not too loose or too tight • Feels comfortable and supportive • No redness or pain 	<p>FUNCTION</p> <ul style="list-style-type: none"> • Can you still propel the wheelchair? • Can you reach and lean? • Can you transfer in and out? 	<p>PORTABILITY</p> <ul style="list-style-type: none"> • Can you take parts and supports off or fold them away? • How heavy is it? • Is it easy to transport?
<p>CUSTOMISATION</p> <ul style="list-style-type: none"> • Can it be modified or adjusted if your posture changes? • Does it need to grow or shrink over time? • Do you need a custom shape or size? 	<p>DURABILITY</p> <ul style="list-style-type: none"> • What is the load capacity? • Is it approved for use when in a motor vehicle? • Can you use it when tilted or reclined? 	<p>SET UP</p> <ul style="list-style-type: none"> • Engage an experienced health professional and supplier • Talk to your health professional if you aren't comfortable 	<p>COST</p> <ul style="list-style-type: none"> • Hundreds to thousands of dollars per piece

Contact details

- ➔ www.lifetec.org.au
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 QUEENSLAND GOVERNMENT


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