



ASSISTIVE TECHNOLOGY FOR BIKES AND CYCLING



IMAGINE

Would you like to improve your fitness and get out and about on a bike?

Would you like your child to have the confidence and freedom to ride a bike or trike?

Would you like to get out and about as a family and do the things everyone loves to do?

Do you know you can get specialised bikes and cycles to make riding possible?



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 some available bike options.

Speak to your occupational therapist or physiotherapist for advice.

Use the National Equipment Database at **www.ilcaustralia.org.au** for further information on cycling options.



Recumbent bikes and trikes



Modified trikes



Tandem bikes and trikes



Electric bikes



Balance bikes



Handcycles



Companion bikes

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LifeTecTM
Live your Potential

www.lifetec.org.au



CHOOSE

What can I choose from?

Recumbent bikes and trikes Suitable for people with good lower limb function, back pain or reduced balance. They are often very low to the ground, which can make getting in and out tricky.

Modified trikes Customised for people who need extra postural support or stability. Many modifications and customisations are possible.

Tandem bikes and trikes These bikes have two seats, and two people ride at once. Suitable for people who may not be able to ride a bike on their own, or when a buddy cycle is appropriate.

Electric bikes Have a special motor in them which can kick in at a certain speed or for when going uphill. Can be a good option for people with reduced cardiovascular fitness or strength.

Balance bikes Designed to allow a child to practice their balance and motor skills without the worry of pedals. May be suitable for children up to 5 years old who are learning to ride.

Handcycles These trikes are steered and pedalled with your hands. Suitable for people who have good upper body function but may have reduced lower limb function.

Companion bikes These bikes allow you to transport a person in a seat or wheelchair. The companion pedals to push the bike.



LIVE

SIZE AND SHAPE

- Is the bike the right fit?
- Will it work well for your size and weight?
- Is the seat comfortable?
- Will it allow for growth if required?

PURPOSE

- Where and how far do you want to ride?
- Will you need extra gears or power assist?
- Will it hold a second person if needed?

EASE OF USE

- Can you steer and pedal?
- Can you get on and off the bike with ease?
- Will you need help with transfers?
- Will you need help to set up and use the bike?

PORTABILITY

- Do you need to transport the bike? How will you do this?
- How heavy is it?
- Will you need help to lift it?
- Can you fold or dismantle it?

LOOKS

- Does it look good?
- What colours are available?
- Is it sturdy and durable?

MAINTENANCE

- Repairs
- Troubleshooting
- Expected life of product
- Warranty

CUSTOMISATION


- May be required to get the right features or fit
- May require extras for stability and support


COST

- Can range from hundreds to thousands of dollars
- Explore the possibility of sources of funding

Contact details

- ➔ www.lifetec.org.au
- ➔ **1300 LIFETEC** (1300 543 383)
- ➔ mail@lifetec.org.au

 [Facebook.com/lifetecaustralia](https://www.facebook.com/lifetecaustralia)

 [lifetec.brisbane](https://www.snapchat.com/add/lifetec)

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QUEENSLAND GOVERNMENT

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