



# 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.

**Schedule an assessment here:**

**<https://lifetec.org.au/our-services/referrals/>**

Speak to your occupational therapist or physiotherapist for advice.

Use the National Equipment Database at **[www.ilcaustralia.org.au](http://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**

Reviewed on: 02/18



**LifeTec**<sup>TM</sup>  
Live your Potential

[www.lifetec.org.au](http://www.lifetec.org.au)



**CHOOSE**

**What can I choose from?**

<b>Recumbent bikes and trikes</b>	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.
<b>Modified trikes</b>	Customised for people who need extra postural support or stability. Many modifications and customisations are possible.
<b>Tandem bikes and trikes</b>	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.
<b>Electric bikes</b>	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.
<b>Balance bikes</b>	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.
<b>Handcycles</b>	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.
<b>Companion bikes</b>	These bikes allow you to transport a person in a seat or wheelchair. The companion pedals to push the bike.



**LIVE**

<p><b>SIZE AND SHAPE</b></p> <ul style="list-style-type: none"> <li>• Is the bike the right fit?</li> <li>• Will it work well for your size and weight?</li> <li>• Is the seat comfortable?</li> <li>• Will it allow for growth if required?</li> </ul>	<p><b>PURPOSE</b></p> <ul style="list-style-type: none"> <li>• Where and how far do you want to ride?</li> <li>• Will you need extra gears or power assist?</li> <li>• Will it hold a second person if needed?</li> </ul>	<p><b>EASE OF USE</b></p> <ul style="list-style-type: none"> <li>• Can you steer and pedal?</li> <li>• Can you get on and off the bike with ease?</li> <li>• Will you need help with transfers?</li> <li>• Will you need help to set up and use the bike?</li> </ul>	<p><b>PORTABILITY</b></p> <ul style="list-style-type: none"> <li>• Do you need to transport the bike? How will you do this?</li> <li>• How heavy is it?</li> <li>• Will you need help to lift it?</li> <li>• Can you fold or dismantle it?</li> </ul>
<p><b>LOOKS</b></p> <ul style="list-style-type: none"> <li>• Does it look good?</li> <li>• What colours are available?</li> <li>• Is it sturdy and durable?</li> </ul>	<p><b>MAINTENANCE</b></p> <ul style="list-style-type: none"> <li>• Repairs</li> <li>• Troubleshooting</li> <li>• Expected life of product</li> <li>• Warranty</li> </ul>	<p><b>CUSTOMISATION</b></p> <ul style="list-style-type: none"> <li>• May be required to get the right features or fit</li> <li>• May require extras for stability and support</li> </ul>	<p><b>COST</b></p> <ul style="list-style-type: none"> <li>• Can range from hundreds to thousands of dollars</li> <li>• Explore the possibility of sources of funding</li> </ul>

**Contact details**

- ➔ [www.lifetec.org.au](http://www.lifetec.org.au)
- ➔ **1300 LIFETEC** (1300 543 383)
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Acknowledgement of funding

  
 Australian Government  
 Department of Social Services

  
 QUEENSLAND GOVERNMENT

  
 supporting excellence  
**CERTIFICATION**  
 AS/NZS ISO 9001:2008  
 QUALITY CERTIFIED ORGANISATION

