



# ASSISTIVE TECHNOLOGY FOR PRESSURE REDISTRIBUTION WHEN SEATED



## IMAGINE

**Do you have pain or discomfort when sitting in your wheelchair or seat?**

Do you spend long periods sitting in the same

position? Have you ever had a pressure injury?

A pressure injury can result in serious injury or hospitalisation. To make sure you avoid developing a pressure injury, you will need to explore different methods of pressure redistribution, which can include seating adjustments and the use of a pressure cushion.

Pressure cushions are seat cushions which are specifically designed for pressure redistribution, especially for people who use a wheelchair.



## 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:**

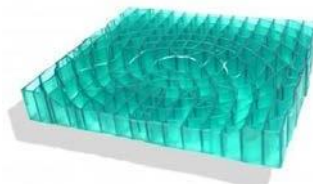
**<https://lifetec.org.au/our-services/referrals/>**

Speak to your occupational therapist, physiotherapist or pressure care nurse about how to identify and prevent pressure injuries.

Use the National Equipment Database at **[www.ilcaustralia.org.au](http://www.ilcaustralia.org.au)** for further information on pressure cushions.



Foam



Gel



Air



Combination

Reviewed on 01/18



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



## CHOOSE

## What can I choose from?

<b>Foam</b>	The firmest of the cushion materials. Foam is more stable, but offers the least amount of immersion into the material. The top layers of foam are often softer than those at the bottom. Foam can be specially shaped to help move pressure away from high risk areas, despite low levels of immersion.
<b>Gel</b>	Soft and pliable, gel cushions are often designed to mimic an extra layer of fatty tissue between the user's sitting bones and the seat. Gel is very soft, which can lead to better immersion if the cushion is thick enough. Gel is not very stable.
<b>Air</b>	Air-filled cushions are either designed as a dynamic cushion (to encourage someone to move around on the seat), or as an immersive cushion (with little pockets of air to sink into). These cushions are great at redistributing pressure if inflated correctly (not too much), but can be unstable for people who are transferring into their chair themselves.
<b>Combination</b>	These cushions are made from two or more materials, usually a combination of foam and either gel or air. Foam is used to provide support for transfers and postural stability, while gel or air is used to immerse bony areas at high risk of pressure injury.



## LIVE

## RISK LEVEL

- How much immersion does the cushion provide?
- Where is the pressure distributed?
- Don't choose a cushion based on manufacturer or supplier recommendations alone. Get a full assessment of your own individual needs.

## MAINTENANCE

- Does the cushion need to be pumped up or massaged? Who will do this? Are they trained?
- Will the cushion cope with accidents (e.g. urine)?
- How do you clean the cushion? Who will do this?

## TRANSFERS

- Can you get on and off the cushion?

## SIZING

- Are you appropriately immersed in the cushion?
- Are your bony points (e.g. sitting bones) protected?
- Is the cushion the right size for your seat?

## POSTURAL SUPPORT

- Does the cushion provide the right amount of support to keep you stable while moving about?

## DURABILITY

- What could go wrong?
- Can you repair the cushion, or will you need to replace it?
- What is the warranty?
- What is the expected life of the product?

## SKIN CHECKS

- Must be checked daily for any prolonged redness
- Who will do this? How?
- Who will you contact if you notice anything out of the ordinary?

## Contact details

- ➔ [www.lifetec.org.au](http://www.lifetec.org.au)
- ➔ **1300 LIFETEC** (1300 543 383)
- ➔ [mail@lifetec.org.au](mailto:mail@lifetec.org.au)



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