



# 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 specialized 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.

**Schedule an assessment here:**

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

Speak to your Occupational Therapist or Physiotherapist.

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



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

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

<b>Cushions</b>	Some cushions may have additional contouring to better support the pelvis Can have special padding and materials for pressure relief
<b>Backrests</b>	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
<b>Headrests</b>	Headrests help to support and cradle the head and neck
<b>Lateral supports</b>	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
<b>Medial supports</b>	Help to keep your legs in alignment, rather than too close together or rotated
<b>Armrests and tray tables</b>	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
<b>Belts and harnesses</b>	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><b>LOOKS</b></p> <ul style="list-style-type: none"> <li>• Appeal of the design</li> <li>• Colours and materials</li> <li>• Smooth integration with other seating parts</li> </ul>	<p><b>SIZE AND FIT</b></p> <ul style="list-style-type: none"> <li>• Not too loose or too tight</li> <li>• Feels comfortable and supportive</li> <li>• No redness or pain</li> </ul>	<p><b>FUNCTION</b></p> <ul style="list-style-type: none"> <li>• Can you still propel the wheelchair?</li> <li>• Can you reach and lean?</li> <li>• Can you transfer in and out?</li> </ul>	<p><b>PORTABILITY</b></p> <ul style="list-style-type: none"> <li>• Can you take parts and supports off or fold them away?</li> <li>• How heavy is it?</li> <li>• Is it easy to transport?</li> </ul>
<p><b>CUSTOMISATION</b></p> <ul style="list-style-type: none"> <li>• Can it be modified or adjusted if your posture changes?</li> <li>• Does it need to grow or shrink over time?</li> <li>• Do you need a custom shape or size?</li> </ul>	<p><b>DURABILITY</b></p> <ul style="list-style-type: none"> <li>• What is the load capacity?</li> <li>• Is it approved for use when in a motor vehicle?</li> <li>• Can you use it when tilted or reclined?</li> </ul>	<p><b>SET UP</b></p> <ul style="list-style-type: none"> <li>• Engage an experienced health professional and supplier</li> <li>• Talk to your health professional if you aren't comfortable</li> </ul>	<p><b>COST</b></p> <ul style="list-style-type: none"> <li>• Hundreds to thousands of dollars per piece</li> </ul>

**Contact details**

- ➔ [www.lifetec.org.au](http://www.lifetec.org.au)
- ➔ **1300 LIFETEC** (1300 543 383)
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 supporting excellence  
**CERTIFICATION**  
 AS/NZS ISO 9001:2008  
 QUALITY CERTIFIED ORGANISATION

