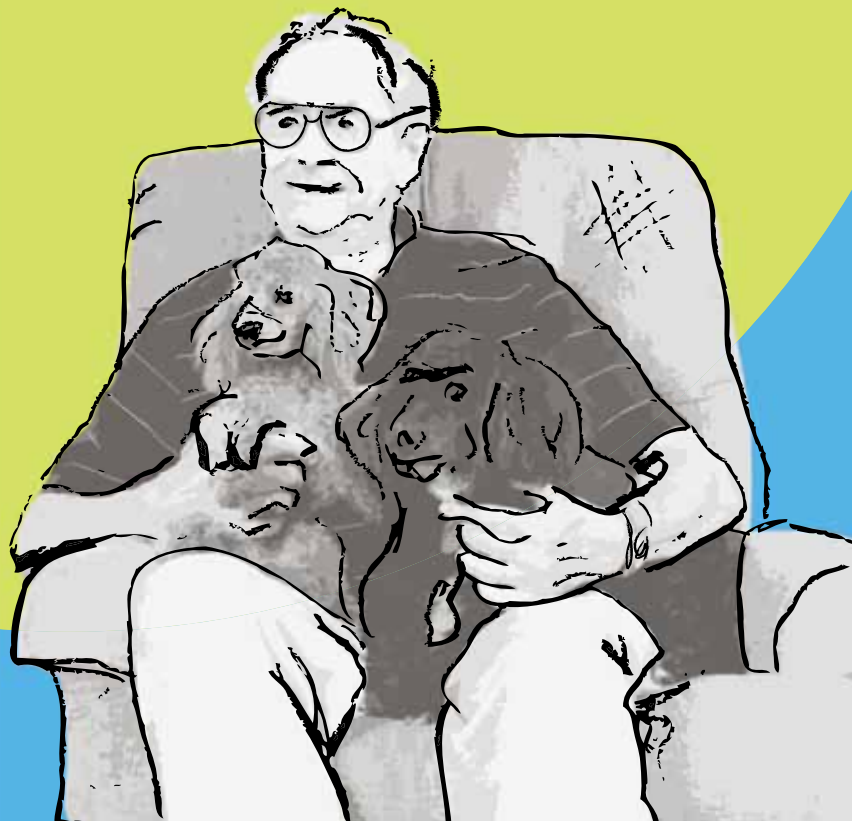


Are you sitting comfortably?

A guide to
riser recliner chairs



Introduction

We all know about chairs. You might have one or two favourites. All chairs give you some support, but think about the following questions. You may find you need to look at specialist seating.

- Do you need extra support?
- Do you sit in the same chair for long periods?
- Do you find it difficult to sit down or get up?

If it's difficult to sit down and stand up, you may need someone to help you all day (or you may end up in the same chair all day). Or if you can't get comfortable, you may end up staying in bed. Some people even find they can no longer stay in their own home. Getting the right chair can help keep you independent. This guide looks at the options. We give information about riser recliners, and advice to help you choose and get one.

They come in a variety of shapes and sizes, and prices. A simple one can cost as little as £350. If you want special features you can pay as much as £7,000, so it's important to know whether you really need those extra features. It's important to try any chair out before you buy. Have a good long sit to make sure it will be comfortable, and try out any special features.

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We use this symbol when we think you need to take expert advice about something.



We use this symbol to highlight something that could be harmful or dangerous.



Chairs

Size

To be comfortable, a chair needs to give you support where you need it, and be just the right size for you. It is fairly easy to tell if a chair is the right size, though you might need to sit in it for at least an hour to be really sure.

In the right chair:

- You should be able to sit with your bottom right at the back of the seat and your feet flat on the floor.
- Your thighs should be level and your lower legs straight up and down.
- You should be able to get two fingers between your knees and the front of the seat.
- The seat should be wide enough to fit you, but not so wide that it doesn't give you any sideways support. If it has arm rests, you should be able to sit between them with enough room to get your hand in on each side.

Support

The back rest should be angled very slightly backwards and should support the whole length of your back and your head. Usually this means it should have padding at the bottom to support your lower back and at the top for your head.



There are specialist back rests for people that need extra support. If you know you have problems with your back you should get an assessment (see page 13).

- Arm rests should support your arms below the elbow, without making you lift your shoulders.
- Cushions should be soft, but not too soft (this depends on your weight). If you can feel the frame of the chair through the cushion then it is too soft, and you should get a firmer one.
- If you are going to be sitting in the chair for a long time, you can get different pressure-relieving cushions (see page 9).
- You can use a footstool or leg rest to get your feet up. This should support the whole of your lower leg right down to your heel and should usually be at the same height as your seat.



Sitting down and standing up

If you find it hard to sit down or stand up, here are a few things you can do to help.

- **Practise your technique - see opposite**

- **Sit higher**

The higher the seat, the easier it is to sit down and stand up. You can get a high seat chair, or get blocks to put under the legs to raise your existing chair.



This will make the seat much higher than you need it for sitting comfortably - your legs won't be supported. You can prop your feet on a footstool, but this isn't a good permanent solution if you're going to be sitting down for more than about 20 minutes at a time. Also a footstool can get in the way when you are sitting down or standing up.

Sometimes chair raising blocks are used to get the height right where the original seat was too low. This is fine.



It's not a good idea to raise the level of a seat by just putting another cushion on top. This will mean the arm and head rests are in the wrong place, and it may make the chair unsteady.

- **Get a riser**

You can get spring-loaded or electrically operated chairs that lift you to help you stand up. On some just the seat cushion lifts up. On others the whole seat lifts, which means you can still use the arm rests to help you stand up and sit down.

On a spring-loaded chair, you pull a lever and the seat springs up to help you out. Some people find this a great help, but it can be risky for others. You need to be able to get ready to stand up before you pull the lever, and be sure that you are going to be able to stand up when you get to the top - you can't stop the seat springing up once it has started.

This guide is mainly about electric rising chairs that also recline. Most people find this kind of chair the most useful. They are described on pages 6-11.



© Kirton

Technique - how to do it

You can make life easier by sitting down and standing up in the right way. If you have an occupational therapist or physiotherapist, ask them for advice.

Sitting down:

- back up against the chair so you can feel the seat behind your knees
- make sure your weight is distributed evenly between your feet
- put your hands on the arm rests
- gradually bend your knees and lower yourself into the seat
- shuffle or lift your bottom right to the back of the seat - some people use a rocking motion



© A J Way

Getting up:

- put your hands on the arm rests
- shuffle or lift your bottom to the edge of the seat
- get your feet ready - the same distance apart as your hips, directly under your knees (if you feel unsteady, put one foot back a bit, towards the chair)
- lean forwards so your head is over your knees - keep your chin up so you're looking straight ahead
- push with your arms and straighten your legs

You'll find it easier to sit down and stand up like this if the chair has hard wooden ends to the arm rests (sometimes called 'knuckles'), and gives you room to get your feet a little way under the seat.

If you use a wheelchair, you can get a chair with drop arms so you can transfer in and out sideways.



© A J Way



Don't try to use a walking frame or sticks when sitting down or getting up. You might pull them over, and fall down.

Riser recliner chairs

A riser recliner is good in two ways:

- The rising action helps you sit down and stand up.
- The reclining action can make you more comfortable, especially if you are sitting down for a lot of the day. This can help with some medical problems.

Rising



All riser recliners work on the same basic principle - you press a button on a hand control and the seat and arms (usually the whole chair) slowly raises you up so you can stand.

Sitting down goes the other way - you position yourself on the raised seat and press a button and the seat goes down slowly.

You should still keep your hands on the arm rests, and follow the other steps on page 5.

Usually the seat tips forward as well as going up, to help you get out. For some people, who have weak legs or difficulty controlling their legs, this makes things harder, or just a bit scary. Some chairs can be set up to go straight up without tipping (you can see which suppliers provide this vertical lift option on pages 16-19).

Some suppliers also provide low lift chairs that don't go up so high, and high lift chairs for people with long legs.

i If you think you need one of these special lift options, you should ask about this at your assessment (see page 13).

Reclining

Reclining chairs are good because they let you get your feet up and lie back for a rest. You can also get yourself comfortable in different positions for different things (reading, watching TV, etc).

If you are sitting down for long periods of time, a recliner is also useful because you can easily keep changing your position, which stops you from getting uncomfortable and sore. For some medical problems affecting the legs, it helps to be able to lift your legs up when sitting.

i If you are getting a reclining chair because you have problems with pressure sores or other medical issues, you should discuss this with an expert - have an assessment (see page 13).

Feet up

The leg rest should support the whole length of your leg.



Lie back

Some recliners let you lie back with your legs out straight.



Some recliners go completely flat so you can sleep on them. Many professionals say it's not a good idea to sleep in your chair for long periods, but there are specially designed chair-beds for just this purpose. Ask your occupational therapist or physiotherapist if they think one of these might be suitable for you.

Tilt in space

This is the really important action if you need the recliner to relieve pressure and soreness. The whole chair tips back - back rest, seat, leg rest and all. This means that the back rest still supports your lower back and that your weight is spread evenly through your whole seat and back. See page 10 for more on this.



© A J Way

Features

These are some of the features you might want to look for when you are choosing a riser recliner.

Made to measure

It's very important to get a chair that fits properly, and meets all your needs.

If you are an average size and shape, and don't need anything complicated, you may be able to get an 'off the peg' chair.

Otherwise you will need to get one made to measure. Of course this is more expensive, and may take some time (up to 8 weeks, depending on the manufacturer).

This is especially important if you are very small or very large. Some suppliers provide chairs for very small users (seat heights go down to about 15"/38cm) and very heavy users (30 stone/190kg and up).



© Primacare

Bariatric riser recliner - for heavier users

Crush prevention

With some riser recliners there is a risk that children or pets could get trapped in the mechanism as you lower the chair. Some have safety devices to stop this. This may not be a worry for you, but if you are concerned look for a chair that meets the relevant British Standard (BS8474). Ask company reps or sales staff about this, or look for the information in the catalogue (these will identify chairs that meet the Standard).



© A J Way

Pressure relief

If you spend a lot of time in your chair it is important to move from time to time. This will help keep joints mobile, maintain good circulation and prevent discomfort and the possibility of pressure sores (see box). Getting the right size and support can help, and so can using the reclining action in the right way (see page 7), but there are also some special features to help.



© A J Way

Some chairs come with 'memory foam' (sometimes called visco-elastic polyurethane foam) cushions that mould

to your body, or with gel pads to spread the pressure more evenly. There are also electrical systems that work by pumping air or water through the cushion to ease pressure points. This has the same effect as if you shifted your weight from time to time.

If you have a pressure relieving cushion of your own that you use with a wheelchair say, some suppliers will provide a chair with a hole in the seat for the cushion. This can also be useful if your needs change - you can change the cushion but keep the same chair. It's sometimes called a 'drop in' cushion.



© A J Way



If you are getting a chair with pressure relief features, you should discuss it with an expert - get an assessment (see page 13).

Pressure sores

If you are sitting or lying in the same position for a long time, this may cut off the blood supply to the parts you are resting on. You may notice sore or red patches on your back, bottom or heels. These can develop into serious and painful sores especially if you are weak through ill health as well.

You should take advice from a district nurse or GP about this before it becomes a serious problem.

Massage

You can get built-in massagers and heat pads, which are meant to make your back more comfortable. These may make you feel better, but the physiotherapists we spoke to said they had no therapeutic value.

How many motors?

Most recliners are operated by either one or two motors, though some have more. Basically the more motors the chair has the more flexible it is.

One-motor chairs lift the leg rest and then recline the back so you can sit with your feet up and your back upright or reclined.

Two-motor chairs are more flexible because you can move the leg rest up and down and the back rest backwards and forwards independently.

For many people, a one-motor chair that has tilt in space will be good enough. In fact it may be more use than a two-motor chair that doesn't have tilt in space.

Tilt in space

Reclining action where the whole seat tips backwards, not just the back rest. This can be better, because it spreads your weight more evenly, because it lifts your legs much higher and because it avoids uncomfortable (and possibly harmful) 'shearing' where the back rest moves separately from the seat and rubs against your back.

Some two or more motor chairs have both actions, so you get the benefits of tilt in space, but you can still get it all the way flat if you want.



© Kirton

Wallhugging

Most recliners need a lot of space behind so they don't hit the wall when reclining. Chairs with a 'wallhugging' action slide forwards as they recline so they can be put only a few inches from the wall (though of course they do need more space in front).

Battery backup

Most riser recliners have emergency batteries to make sure you don't get stuck in your chair in a power cut. Some can be supplied with rechargeable battery packs so they can be used away from a plug socket.

Back rests

There is a range of different back styles, which you can try for comfort.

Waterfall backs (sometimes called 'pillow' backs) give you extra support, and are adjustable so you can get the support where you need it.



Waterfall back



Button back
© Primacare



Firm back
© Primacare



Soft back
© Primacare

Head rests

Some chairs come with cushions that give you extra support for your head. These need to be at the right height (round ones just behind the neck, flat ones behind the head). Some are adjustable so you can get them right.



© A J Way

Side supports

If your back is weak or tends to bend to the side at the bottom, some chairs can be fitted with side supports to help keep you upright.



© A J Way

i If you think you need side support, you should make sure you discuss this with a professional - get an assessment (see page 13).

Left handed operation

Most riser recliners come with the hand control on the right. If you can't use your right hand, most suppliers can supply it on the other side. You should mention this when you order the chair.

Wooden arm ends

Can make it easier to stand up and sit down (see page 5).



© A J Way

Fabrics

Riser recliners come in a range of fabrics as well as leather. You can also get waterproof or stain resistant fabrics. Some suppliers offer a very wide range, others less so. Some manufacturers will cover a chair with fabric supplied by you, so it will match your existing furniture, or supply matching sofas and armchairs along with your riser recliner.

How to get them

Try before you buy

It's very important to try any chair out properly before you buy it. Whether you're buying in a shop, in a manufacturer's showroom or having a home visit, they should be happy for you to take your time over this and not rush you (if you're making an appointment, tell them you mean to take your time). Make sure:

- you can operate the controls properly and use any accessories
- you can sit down and stand up safely and without too much effort
- you are going to be comfortable sitting for long periods

You might be surprised to hear that you should try the chair out for at least an hour. Bring a book or something to do and make sure you try the different things you might do in the chair (reading, eating, watching tv, etc).

You can also try chairs out in your local DLC (see box).

DLCs

Disabled Living Centres are a network of local centres where you can go for independent advice on disability equipment. They have a wide range of equipment for you to look at and can give you free, impartial professional advice.

Contact Assist UK (see page 22) to find a local centre.



Who's paying?

If you really need a riser recliner to support your independence (you can't manage without one), or to help with a medical condition, your local council or health service may be able to fund one for you.

However, different councils have different rules about what they will pay for, and different ways of supplying it. Some may want you to try other solutions before they agree to provide a riser. Others won't provide a riser recliner at all, but do provide specialist seating for people who have particular support needs.

If you are already seeing someone from your council or health service, and you think you need a riser recliner, ask about an assessment. If you don't have anybody from the council or health service, and you think you should, call your local council or see your doctor.

You can buy a riser recliner yourself. Prices range from about £350 to several thousand depending on what you need. It can be a big investment, and you're going to be getting a lot of use out of it, so it's important to make sure you get the right one.

Getting assessed

i If you are buying a simple riser recliner at the bottom end of the price range, there's no reason why you shouldn't be able to work out for yourself if it is suitable. But if you need any special features, you should get an assessment

i The assessment should look at your abilities, to work out what you need. It should also take into account where and how you are going to use the chair, and what for. For example:

- When will you be using it, and for how long?
- Do you have hobbies that you want to be able to do in your chair?
- Do you have someone to help you at home?

If you are getting your chair from the council or health service, they will arrange for an assessment.

Often they will do a shorter assessment first to work out if you qualify for the chair, then do a longer assessment later to work out which one you need. They may bring a rep from a supplier to do a joint assessment.

If you are buying your chair yourself, you can get a private assessment from an occupational therapist or physiotherapist. See page 21 for information on how to find a local therapist.



Home Visits

Some suppliers have reps who will visit you at home to assess you for one of their chairs. They may not be trained OTs, and of course they won't recommend any other suppliers' equipment. They will know their products well and if you know what you need they will be able to find the right chair in their range and make sure it fits.

If a rep from a company is visiting you at home it is wise to take some precautions.

Visiting reps should:

- show identification and tell you who they represent**
- give you written information on cooling off periods and cancellation rights**
- not use pressure or manipulate your emotions (with scare stories or exaggerated claims)**
- be honest about prices, and not expect an on-the-spot decision**
- leave as soon as you ask them to**

You should:

- have someone with you if you want some moral support**
- tell them you want more time to think if you aren't entirely sure**
- make sure you know the full cost**
- if you are getting expensive extras, make sure you understand what they are for - don't let yourself be pressured into getting add-ons you don't need**

This advice is adapted from Consumer Direct - a government-funded service giving information and advice on consumer issues.

Contact them for more information about how to protect yourself:

08454 04 05 06

www.consumerdirect.gov.uk

Some suppliers belong to the BHTA (see page 21), which should protect you against sharp selling practices. On pages 16-19 we identify the suppliers that are members of the BHTA.

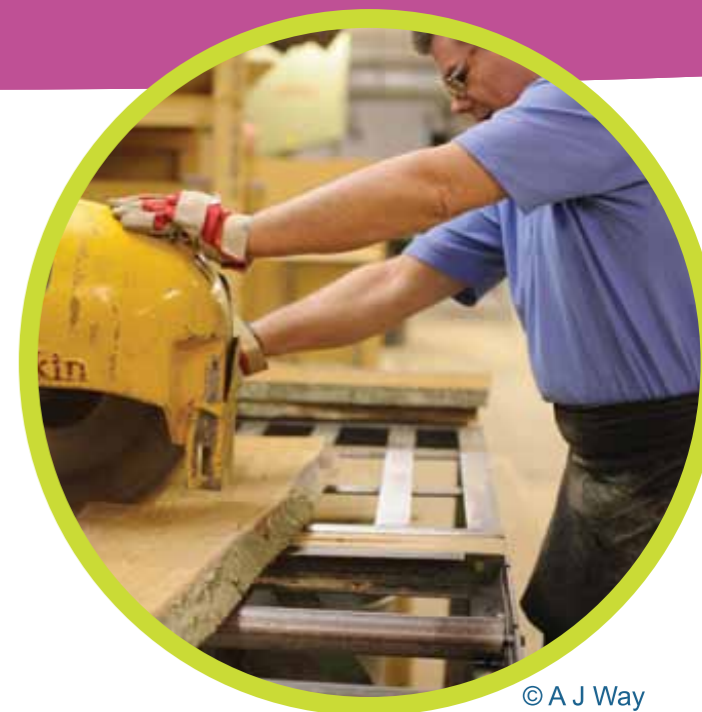
Wherever you are having your assessment you will probably have to book in advance. It's a good idea to tell them about any special requirements you have when you make the booking.

Suppliers

You can buy a riser recliner chair in several different ways.

Buying from a shop. You should be able to try several chairs and get advice and information when you do so. Shops should deliver and should have enough space for you to be able to try out the chairs properly. Most manufacturers supply chairs to independent specialist retailers and you can get a list of them from their websites or by phoning – see the table. Or look under disability or mobility in the phone book for a list of local shops and phone them to see how many chairs they have to try.

Buying at home. This saves you the trouble and expense of getting to the shop. You can see and try out the chair in the place where it will be used. You can try out the chair for longer than you may feel able to in a shop. The sales person may bring more than one chair for you to look at. If you don't like any of these chairs don't be afraid to send them away and try someone else. If you



© A J Way

are buying at home see opposite for advice from Consumer Direct.

Buying from a catalogue, by phone or by mail order or from the internet. This may be all right if you know what you want and just want an 'off the peg' chair as quickly as possible. But you will not be able to try the chair out properly before you buy and it can be difficult to know how comfortable the chair will be from its description. If you are buying in this way make sure you know what the company's return policy is. Look for a 'no quibble' policy and check who pays for the cost of transport.

The main suppliers are listed in the table on pages 16-19. Most of them are manufacturers (one is an importer). The table tells you what features you can find in the range of chairs they supply and how they are sold. All except Chessco supply chairs throughout the UK: Chessco will arrange home visits from Avon to Lancaster in the west; York to Windsor in the east.



© A J Way

Suppliers

On the following pages we give information about the main suppliers who specialise in riser recliner chairs.

	A J Way	Camelot Furniture	Careflex	Celebrity	Chessco chairs
BHTA member (see p14, 22)			✓		✓

Range					
Brands supplied	own	own	own	own	AJ Way Pride Primacare Wilcare Own
Made to measure	✓	✓	✓		✓
Approx no of products	10	10	4	30	100
Small (15") and large chairs available (user weight over 35 stone)	S L	S L	S L		S L

How sold					
Local disability shops	✓	✓	✓	✓	✓
By home visit	✓		✓		✓
By mail, phone or internet	✓	✓			✓

Assessment					
Chairs can be bought without assessment		✓		✓	✓
Company carries out assessment					✓

You can use the table to look up special features that you may need.

We also give information about how to go about getting chairs from each supplier.

Suppliers contact details are given on page 20.

Electric Mobility Euro	Kirton Healthcare	Primacare	Pro Rider Mobility	Rehab Equipment Services	Royams	Sherborne	Theraposture	Wilcare Wales
✓			✓	✓			✓	

own	Fitform (sole UK supplier)	own	own	own	own	own	own	own
	✓	✓	✓	✓	✓		✓	✓
10	5	100	3	100	100	20	100	30
S	S L	S L	S	S L	S L		S L	S L

✓	✓	✓	✓	✓	✓	✓		✓
	✓	✓	✓	✓	✓		✓	✓
	✓		✓					

✓			✓	✓	✓	✓		✓
	✓	✓	✓	✓			✓	✓

	A J Way	Camelot Furniture	Careflex	Celebrity	Chessco chairs
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Features available in range					
Lifting alternatives (see p6)	Tilt & lift Vertical	Tilt & lift Vertical	Tilt & lift Vertical	Tilt & lift	Tilt & lift Vertical Low High
Tilt in space (see p7, 10)	✓	✓	✓	✓	✓
Wallhugger (see p10)		✓		✓	✓
Drop in cushion (see p9)	✓	✓			✓
Head rest (see p11)	✓	✓			✓
Side supports (see p11)	✓	✓	✓		✓
Left hand operation (see p11)	✓	✓		✓	✓
Drop arms (see p5)	✓	✓	✓		✓
Wooden arm rest to push off from (see p5, 11)	✓	✓	✓	✓	✓
Crush protection (BS8474 - see p8)	✓	✓		✓	✓
Cable free battery operation (see p10)	✓	✓		✓	

Fabrics					
Water resistant fabric available	✓	✓	✓	✓	✓
Will cover in your own fabric	✓	✓	✓	✓	
Chairs and sofa available to match	✓	✓		✓	

Electric Mobility Euro	Kirton Healthcare	Primacare	Pro Rider Mobility	Rehab Equipment Services	Royams	Sherborne	Theraposture	Wilcare Wales
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Tilt & lift	Tilt & lift Vertical	Tilt & lift Vertical Low High	Tilt & lift	Tilt & lift Vertical	Tilt & lift Vertical	Tilt & lift	Tilt & lift Vertical Low High	Tilt & lift Vertical Low High
	✓	✓	✓	✓		✓	✓	✓
		✓	✓	✓	✓	✓		✓
	✓	✓		✓			✓	✓
	✓	✓	✓		✓		✓	✓
✓	✓	✓	✓	✓	✓	✓	✓	✓
	✓	✓		✓	✓		✓	✓
✓	✓	✓			✓		✓	
✓	✓	✓	✓		✓		✓	✓

	✓	✓	✓	✓	✓	✓	✓	✓
	✓	✓	✓		✓		✓	✓
		✓	✓		✓	✓	✓	✓

Suppliers

A J Way

Unit 2 Sunters End, High Wycombe HP12 4HS
01494 471821
www.ajway.co.uk

Camelot Furniture

Aizlewood's Mill, Nursery Street,
Sheffield S3 8GG
0114 2823353
www.camelotfurniture.co.uk

Careflex

Templer House, King Charles Business Park,
Newton Abbot TQ12 6UT
0800 0186440
www.careflex.co.uk

Celebrity

Wimsey Way, Alfreton Trading Estate,
Alfreton DE55 4LS
01773 604607
www.celebrity-furniture.co.uk

Chessco chairs

P O Box 6295, Sutton Coldfield B73 6DE
01244 659789
www.chessco.net

Electric Mobility Euro

Canal Way, Ilminster TA19 9DL
0800 252614
www.electricmobility.co.uk

Kirton Healthcare

23 Rookwood Way, Haverhill CB9 8PB
0800 212709
www.kirton-healthcare.co.uk

Primacare

01495 723333
www.primacare.co.uk

Pro Rider Mobility

48 Chestnut Avenue, Leicester LE2 5JG
0116 2719998
www.proridermobility.com

Rehab Equipment Services

07977 494774
www.rehabequipment.co.uk

Royams

Wellfield Mill, Whalley Old Road,
Blackburn BB1 5LZ
01254 665228
www.royams.net

Sherborne

Pasture Lane, Clayton BD14 6LT
01274 882633
www.sherborneupholstery.co.uk

Theraposture

Kingdom Avenue, Northacre Industrial Park,
Westbury BA13 4WE
0800 834654
www.theraposture.co.uk

Wilcare Wales

40 Vale Business Park, Cowbridge CF71 7PF
01446 772227
www.wilcarewales.com

Useful organisations

Assessment

You can get an independent seating assessment from an occupational therapist or physiotherapist. These organisations will help you find one locally. You will have to pay.

The College of Occupational Therapists

Tel: 0800 389 4873
www.cotss-ip.org.uk

The Chartered Society of Physiotherapists

Tel: 020 7306 6666
www.csp.org.uk/physio2u

Physio First

Physio First
Minerva House
Tithe Barn Way
Swan Valley
Northampton
Northants NN4 9BA
Tel: 01604 684960
Email: towcester@physiofirst.org.uk
www.physiofirst.org.uk

Disabled Living Centres

Contact Assist UK (see page 22) to find your local DLC, and to see if they can give you an assessment.

Information and advice

The BHTA

The British Healthcare Trades Association (BHTA) is the trade association for the healthcare industry. It has a national membership of manufacturers and suppliers of mobility aids and other products. The BHTA code of practice sets out standards that its members must meet. BHTA members should ensure that they:

- use only ethical selling techniques (no coercion, manipulation or misleading practices)
- work with OTs and other professionals where relevant
- make sure you have an appropriate assessment
- act in your best interest by supplying equipment that meets your genuine needs
- make sure you are fully informed about what their products can do, about the price, and about your rights

Shops and suppliers will display their BHTA membership if they have one.

Suite 4.06
New Loom House
101 Back Church Lane
London E1 1LU
Tel: 020 7702 2141
Email: bhta@bhta.com
or complaints@bhta.com
www.bhta.net

DIAL UK

DIAL UK is a network of some 120 local Disability Information and Advice Line services (DIALs). They are run by disabled people for disabled people. They give information and advice on anything to do with living with a disability.

To find your nearest DIAL contact:

St Catherine's
Tickhill Road
Doncaster DN4 8QN
Tel: 01302 310123
Fax: 01302 310404
Textphone: 01302 310123 and use voice
announcer
Email: informationenquiries@dialuk.org.uk
www.dialuk.info

Disabled Living Foundation (DLF)

The DLF provides comprehensive information about equipment and where to get it. Their website includes clearly written guides about a range of daily living equipment. They produce a range of factsheets and guides, including one on riser recliners.

AskSARA is a very helpful online system that will tell you what kind of equipment may help you. You choose a topic (such as bathroom, gardening, hobbies or leisure or hearing) and answer a series of very simple questions. AskSARA then will give you a rundown of things that might help, things to think about and advice on what to do next.

Their helpline will give you information by phone, and they can send you printed guides and information.

380-384 Harrow Road
London W9 2HU
Local rate Helpline: 0845 1309177

Fax: 020 7266 2922
Textphone: 020 7432 8009
Email: advice@dlf.org.uk
www.dlf.org.uk
www.asksara.org.uk
www.livingmadeeasy.org.uk/chairs

Disabled Living Centres

There are over 40 Disabled Living Centres (called independent living centres in some places) up and down the country. Most centres have displays of equipment that you can see and try out – they stock and display a variety of products to meet most needs. They can advise you about the range of equipment and solutions available to meet your needs and where it is available. They will often advise you about the best way of getting equipment too, whether this be by buying privately or through the social or health services.

Most DLCs operate as charities and offer impartial advice. If they do sell equipment their main consideration is to provide you with the information for specific solutions and give you a choice. If possible ring to make an appointment before you visit a DLC so they can make sure there is someone free to talk to you.

To find your nearest centre contact Assist UK:

Assist UK
Redbank House
4 St Chad's Street
Manchester M8 8QA
Tel: 0161 8341044
Fax: 0870 7702867
Textphone: 0870 7705813
Email: general.info@assist-uk.org
www.assist-uk.org

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- Take your medicine - a guide to pill boxes, dispensers and memory aids.
- Stepping out - a guide to wheeled walking frames.

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Ricability

We are a national research charity dedicated to providing independent information of value to disabled and older consumers.

Our reports are all based on rigorous research, and provide practical information in a usable form.

We have information about

- cars and driving adaptations for disabled people
- digital television equipment
- DAB radios
- domestic appliances
- childcare products suitable for disabled parents
- other aids and equipment

Our website also provides a guide to consumer rights and public services and has an extensive database of useful organisations.

Tel: 020 7427 2460
Textphone: 020 7427 2469
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www.ricability.org.uk
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