

The William Merritt Centre is a registered charity and provide impartial information, advice and assessments on equipment and practical aspects of daily living for disabled people of all ages, their carers, health professionals and older people.

The Disabled Living Centre offers equipment displays including kitchen, seating, stairlifts, bathing, beds, wheelchairs and mobility scooters. You can make an appointment to have an assessment or visit on an Open Day where you can look around the Centre and spend 10 minutes with one of our Occupational Therapists.

Our Children's Service offers assessment and information on a wide range of equipment e.g. car seats, buggies, tricycles.

With Switches 4 Kidz, and Technology services we can enable children, young people and adults to access adapted toys, computers, and games consoles as well as modern technology such as tablets and mobile phones.

Our Driving Assessment Service can carry out assessments of drivers ability, offer information and advice on adaptations to your car, getting in and out of your car and stowage of wheelchairs and scooters.

For information about the Centre or to book an appointment please ring Leeds **0113 350 8989** visit the website **www.wmdlc.org**

Charity Number 513001

William Merritt Disabled Living Centre

Aire House, 100 Town Street, Rodley, LS13 1HP

High Seat Chairs

Are you finding it difficult to stand up from your low comfy chair?

Are you considering buying a high seat chair?



Try before you buy

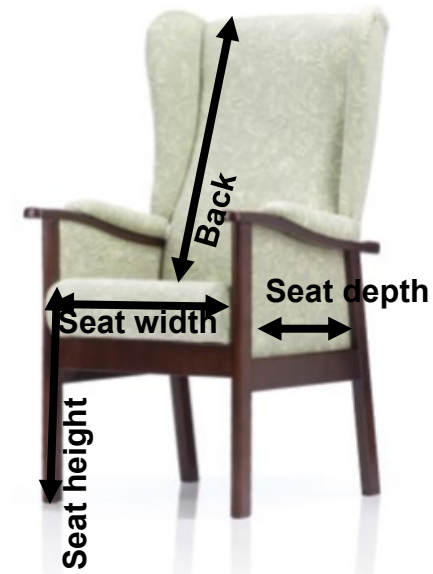
Contact the Centre on **0113 350 8989** or email **info@wmdlc.org**

for further information or to arrange an assessment.

Things to Consider

- Have you requested an Occupational Therapy assessment from your local Social Services Department? They may be able to provide chair raisers if your current chair is too low.
- When seated on the chair, and wearing indoor footwear, are your feet flat on the floor, without pushing your knees up?
- With your back resting against the chair back, the seat of the chair needs to fit the length of your thigh leaving a small gap of about 2.5cm (1 inch) behind your knees. This gap helps you to bring your feet back so you are ready to stand up.
- Is there space beneath the seat to allow you to move your feet backwards so you can stand using the “nose over toes” technique.
- Your spine should be fully supported along its curves. You should be sitting on the bones under your buttocks and not on the base of your spine in a slouched position.
- The chair needs to be wide enough for your shoulders, hips and clothing, particularly winter clothing. It is usually recommended that the seat should be the width of your hips plus a clenched fist either side.
- Do your arms rest comfortably on the armrests without pushing your shoulders up?
- Is the backrest high enough to support your head if you want to snooze? Do you need any neck cushions?
- Can the company make alterations to the chair if necessary to make it fit any better?
- Can you stand up easily from the chair? Are the hand grips sturdy? It may be better to consider a riser/recliner chair if standing is still difficult.
- The chair must feel safe and steady when you transfer in and out.
- Have you tried the chair for a reasonable time to check it feels comfortable? We suggest 20 minutes. Don't buy from a picture!

- Do you use a pressure relieving cushion? You need to try chairs whilst sitting on this cushion as this will make a difference to the seat height. Sometimes pressure relief can be built into the seat.
- Do you have any continence issues? Waterproof resistant fabrics or chair pads are available.
- Will the chair be right for you in a few years time? We sometimes put weight on or get a bit stiffer or weaker as we get older.



What to do next

Contact the William Merritt Centre and book an appointment with an Occupational Therapist. They will show you the high seat chairs and help you choose the right product for your needs.

Tel: 0113 350 89 89

Email: info@wmdlc.org

Web: www.wmdlc.org