

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

Riser Recliner Chairs

Are you struggling to get out of your chair?

Perhaps a riser recliner can help?



Try before you buy

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

for further information or to arrange an assessment.

How do they work?

- Riser/recliner chairs are plugged into the mains and raise you up into a standing position. They also move you into a reclined position.
- Single or dual motor chairs are available – single motor chairs have one motor and the footrest and backrest move at the same time. With dual motor chairs, there are 2 motors, one to operate the backrest and one to operate the footrest.
- Various backrests and fabric types are available

Things to Consider

- Can you operate the controls independently? There are push button or toggle type controls which can be located on the right or left side. The dual motor chairs may have up to 5 buttons whereas the single motor chairs usually have 2 buttons.
- Have you sat in the chair for at least 20 minutes to check that it is comfortable?
- Have you asked for a Community Occupational Therapy assessment from your local Social Services to check if you are eligible for a riser/recliner chair? If not, they may be able to adapt your current chair with chair raisers.
- Is the chair the right size for you? Your feet need to be flat on the floor when sitting in an upright position, with your hips and knees level. Can you sit to the back of the chair without the seat cushion pressing into the back of your knees? Are you keeping your spine in a natural 'S' shape, not a 'C' shape? To look after your back you should be sitting on the bones under your buttocks and not on the bottom of your spine, in a slouched position.
- Is the chair wide enough for your shoulders, hips and clothing and high enough to support your head if you doze? Do you need an extra neck cushion? - this may be useful when reclining

- Do your arms rest comfortably on the armrests?
- Does the chair recline as much as you want and still support you well from your head to your ankle? The leg rest should support your leg right down to your ankle. Your heel should just curve around the end of the leg rest.
- Do you feel safe and steady when you raise the chair into a standing position?
- Can you reach your walking aid to place this in front of you before you stand up?
- Consider whether you need an over chair table or may need a hoist in the future. It may not be possible to slide this under the chair because of the frame and motor mechanism underneath the chair.
- Do you need any pressure relief? If you use a pressure relieving cushion already then you won't be able to use this on top of the riser/recliner chair as it will slip off the chair, unless it can be attached behind the chair. Pressure relief can be built into the seat cushion or sometimes a cut out can be made in the seat and your pressure cushion can be inserted in to this. Consult your Occupational Therapist for further advice.
- Do you have any continence issues? Water resistant fabrics are available.
- Can you imagine yourself reading, watching TV and having a snack in your new chair?
- Do you need to be able to move the chair around for cleaning? Some riser/recliner chairs are fitted with castors.
- Do you have enough space in your house for a riser/recliner chair, even when it is fully reclined? The chair needs to be close to a plug socket
- There is a risk of pets or small children becoming trapped underneath the chair as it lowers. Always check underneath before you lower the chair.