

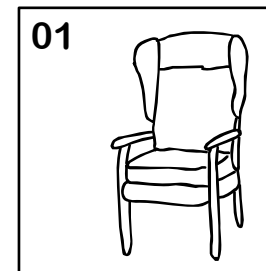
This is one of 18 leaflets in the "WiseBuy" series to enable people to choose the right product for easier living. The titles include:

- 1 *Choosing an Armchair*
- 2 *Choosing a Bath with a Door*
- 3 *Choosing a Bathlift*
- 4 *Choosing a Commode*
- 5 *Choosing an Electric Bed*
- 6 *Choosing an Electric Wheelchair*
- 7 *Buying by Mail Order*
- 8 *Choosing a Riser Recliner*
- 9 *Choosing a Scooter*
- 10 *Choosing a Stairlift*
- 11 *Choosing a Walking Stick*
- 12 *Choosing a Wheelchair*
- 13 *Choosing a Wheeled Walker*
- 14 *Choosing a Mattress*
- 15 *Choosing a Social Alarm*
- 16 *Choosing Grab Rails*
- 17 *Avoid Slips and Trips*
- 18 *Choosing a Power Pack*

Large Print Versions Available on Request

~ For more information contact your local ~
Disabled Living Centre via Assist UK : **0870 770 2866**
Citizens Advice Bureau : *see local phone directory*
Trading Standards Dept. : **0870 872 9000**
Social Services Dept. : *see local phone directory*

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Sit up and take notice...

**... of our useful information guide
before buying your Armchair.**



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Can you say YES to these questions?

Many sofas and armchairs are the wrong shape for a good sitting position. With your back supported by the chair back, does the seat of the chair fit the length of your thigh leaving a small gap of up to 2.5cm (1inch) behind the knees? The gap helps you to get your feet back ready to stand up.

YES
[]

With your back supported and wearing indoor footwear, do your feet rest comfortably on the floor, without pushing your knees up?

YES
[]

Are you keeping your spine in a good natural 'S' shape (not a 'C' shape)? You should be sitting on the bones under your buttocks and not on the bottom of your spine, in a slouched position. Your spine should be fully supported along its curves.

YES
[]

Is the chair wide enough for your shoulders, hips, winter clothing and pockets and high enough to support your head if you want to snooze?

YES
[]

Do your arms rest comfortably on the armrests without pushing your shoulders up?

YES
[]

Can the company make alterations to the chair if necessary, to make it fit you any better?

YES
[]

Can you stand up easily from the chair? If you can't it may be better to consider a riser/recliner

YES
[]

Is there any space beneath the seat to allow you to move your feet backwards? You may stand up more easily if you can get one foot back and your nose over your toes.

YES
[]

Does the chair feel steady when you get in and out?

YES
[]

Can you imagine yourself reading, watching TV and having a snack in your 'new' chair? YES
[]

Will the chair be right for you in a year or two? We sometimes put weight on or get a bit stiffer or weaker as we get older. YES
[]

COULD YOU ANSWER 'YES' TO ALL THE QUESTIONS?

IF NOT TELEPHONE OUR INDEPENDENT HELPLINE ON
08707 601580

Useful tips to help YOU decide

- Shop around – there are lots of high armchairs on the market
- Sit in the chair you intend buying for a reasonable time – we suggest at least 20 minutes. Don't buy from a picture!
- Neck and head cushions are available with some chairs
- Do check with Social Services to see if an existing chair could be raised if it is too low for you

New supportive armchairs start around £180 so shop around for greater options and maybe some bargains. (Sept 2005)

Assist UK is the national network for advice on independent living equipment where anyone having difficulty with everyday tasks can get advice, information and try out a wide range of products and solutions.

To find your nearest centre call us now on 0870 770 2866 (Textphone 0870 770 5813)