

HOW TO CHOOSE A LIFT RECLINE CHAIR

WHO MIGHT BENEFIT FROM A LIFT RECLINE CHAIR?

Health conditions and ageing can make everyday tasks, such as getting in and out of a chair, challenging.

Maybe you have difficulty standing up from a chair; maybe you have circulatory problems and need to keep your legs elevated when sitting; maybe you have pain or tire easily and would like a chair that will recline for additional rest and comfort - **a lift recline chair could be beneficial for you.**



WHAT TYPE OF LIFT RECLINE CHAIRS ARE AVAILABLE?



SINGLE ACTION

These chairs are controlled by one motor. This means that as the legrest raises, the backrest begins to recline. Single motor chairs have less buttons on the hand control, so are straight forward to operate. Most single motor chairs are also space savers, with the seat moving forward as they recline, so requiring less space between the chair and the wall and therefore making them good for smaller spaces.



DUAL ACTION

These chairs are controlled by two motors. This means that the legrest and backrest move independently of each other allowing the user to find an optimal position for comfort and pain relief.



PREMIUM LIFT RECLINE CHAIRS

More motors enable a Lift Recline Chair to provide a greater number of features and functions to meet individual positioning and comfort needs. As well as independent backrest and legrest movement, additional functions may include head tilt to support the head when the backrest is reclined to improve sightline for reading or watching TV; lumbar support to relieve back strain; zero gravity to promote relaxation and circulation; and features such as heating, massage and USB charging.

HOW TO CHOOSE:

CHOOSING YOUR UPHOLSTERY

Firstly, consider the “look” – will the colour and style of the chair fit in with your home’s decor? Also, consider what material is best suited to you. Fabric is great for comfort, whereas vinyl may be helpful to manage food and drink spills or continence issues. Some Lift Recline Chairs can be customised with your choice of a wide selection of materials including fabrics, Healthcare vinyl, microsuede and leather.

CHOOSING YOUR SIZE

Lift Recline chairs come in a range of sizes and it is important to choose the best fit for you. For maximum support and comfort, you should be able to sit with your bottom at the back of the seat with sufficient room at the front of the chair to enable your feet to be positioned flat on the floor and without undue pressure behind the knee and calf. And the seat should be wide enough for you to sit comfortably, but not so wide that you lean to use the armrests, or the armrests don't offer support during standing and sitting. Some Lift Recline chairs have some adjustment in seat depth, or the ability to customise the filling in the back support to meet your comfort or positioning needs.

I'VE CHOSEN MY CHAIR, HOW DO I USE IT?

This will vary slightly, depending on the type of chair you have chosen. However, all Lift Recline chairs work on the same basic principle.

RISING

- Position your feet flat on the ground and hip width apart. Put your hands on the armrests
- Press the UP / rise button on the hand control. The chair will begin to rise and tilt forward
- As it does this and you begin to take weight through your feet, straighten your legs to achieve a standing position

SITTING

- To sit back down, position yourself so the back of your knees touch the front edge of the raised chair
- Place your hands on the armrests
- Press the DOWN / lowering button on the hand control
- The chair will begin to lower – as it does, bend your knees and come into a sitting position, ensuring that your bottom is comfortable at the back of the seat

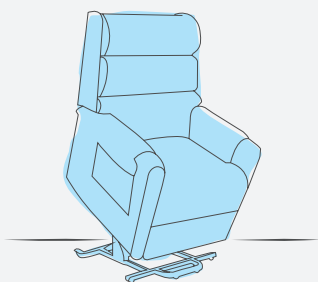
LEGREST & BACKREST FUNCTION | HEAD TILT & LUMBAR FUNCTION

- Raising and lowering these components at the push of a button on the hand control

HEAT, MASSAGE OR ZERO GRAVITY FUNCTION

- Depending on the Premium Lift Recline chair, controls may be located on the chair or hand control. Consult the user manual for instructions for your specific chair

HERE ARE SOME TIPS:



It is a good idea to leave your chair in an upright position when not in use, to make sitting down easier.



When sitting down, always feel for the chair at the back of your thighs, before lowering yourself down.



Liaise with your healthcare professional to safely learn how to use your lift recline chair.