

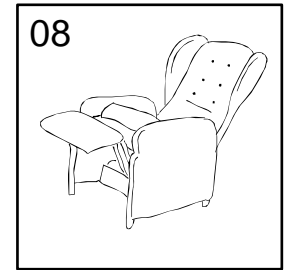
This is one of 18 leaflets in the "WiseBuy" series to enable people to choose the right product for easier living. The titles include:

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

Large Print Versions Available on Request

~ For more information contact your local ~
 Independent Living Centre : **01392 687276**
 Citizens Advice Bureau : **see local phone directory**
 Trading Standards Dept. : **0870 872 9000**
 Social Services Dept. : **see local phone directory**

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Put your feet up...

... and read our useful information guide before you buy an
Electric Riser / Recliner Chair



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Can you say YES to these questions?

Have you tried the chair you intend to buy and sat in it for more than a few minutes? We recommend at least 20 minutes

YES
[]

Are you keeping your spine in a good 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 the spine, in a slouched position. Many sofas and armchairs are the wrong shape for a good sitting position.

YES
[]

With your back fully supported, does the seat of the chair fit the length of your thigh without pushing your calf?

YES
[]

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

YES
[]

Is the chair wide enough for your shoulders, hips, clothing and high enough to support your head when you snooze?

YES
[]

Do your arms rest comfortably on the armrests?

YES
[]

When reclined does the seat move back with the back rest to maintain a good posture and back support?

YES
[]

Can you work the controls easily? Controls can be on the right or left and some controls work the foot rest separately from the back rest

YES
[]

Does the chair recline as much as you want and still support you well from head to ankle? Some chairs recline much further than others.

YES
[]

Can you get on and off the chair easily and safely when you raise the seat? Does the chair feel steady? Those seconds save can mean you get to the door or the loo that bit quicker

YES
[]

Is the handset low voltage and the fabric water resistant? What happens if you spill liquid over the chair?

YES
[]

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

YES
[]

COULD YOU ANSWER 'YES' TO ALL THE QUESTIONS?

**IF NOT TELEPHONE YOUR LOCAL
INDEPENDENT LIVING CENTRE ON
01392 687276**

Useful tips to help YOU decide

- There is a small risks of pets or children getting trapped under the chair as it lowers. Always check underneath before you lower your chair
- Don't forget you will need room behind your chair to allow it to recline
- Neck or head cushions can be a useful addition – particularly when reclining
- The leg rest should support your leg right down to the ankle. Your heel should just curve around the end of the leg rest.

**Prices start from around £800 when
the backrest and footrest operate
independently**
2011

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)