

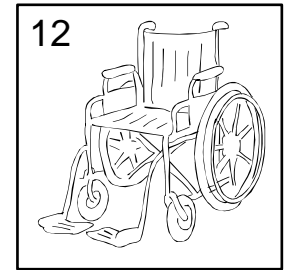
This is one of 18 leaflets in the "WiseBuy" series to enable people to choose the right product for easier living. The titles include:

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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Don't be pushed around...

... read our useful information guide before you buy a **Manual Wheelchair**



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Can you say YES to these questions?

Have you considered applying for a free wheelchair through your doctor or other health professional? YES []

Have you thought about where you would like to go and what you would like to do in a wheelchair? YES []

Can you get in and out of the wheelchair easily? YES []

Will the wheelchair still suit your needs in a year or two? YES []

Does the seat fit properly – your thighs should be supported all the way along to near the back of your knee, with your feet supported firmly by the footrest. YES []

If you want armrests, do they support your arms comfortably when resting? There should only be a small gap between your hips and the armrests. YES []

Is the back rest comfortable and as supportive as you want? If you want a seat cushion for more comfort then this will alter the position of the armrests and back. YES []

If you want to self-propel, is it easy for you? Try manoeuvring the chair for a reasonable time to practice and see how tired you get YES []

Can you reach all the parts necessary such as brake, footrest and propelling wheels? YES []

Will the wheelchair go through doors and around furniture where you want to go? YES []

Will you, or your helper, manage slopes and kerbs if you need to? Do try these before you buy. YES []

Is the chair light enough for you or a helper to lift? YES []

If you will have someone pushing you sometimes, are the handles at a good height for your helper? YES []

Have you thought about where you will store the 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 are over 200 manual wheelchairs on the market, so shop around
- Some wheelchairs can have special features, such as reclining back and extended footrests
- Rain capes, bags, trays and special cushions are available

**Prices vary, but they can start
around £199 for an occasional use
manual wheelchair
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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)