

# Choice Assistance Guide - Riser Recliner Chair

## Who might benefit from a riser recliner 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 get tired easily and would like a chair that will recline for additional comfort - a riser recliner chair could be beneficial for you.

## What type of riser recliner chairs are available?

<p><b>Single Motor</b></p> <p>These chairs are controlled by one motor. This means that the legrest and backrest move at the same time (usually the legrest kicks in first).</p> <p>Single motor chairs tend to have less buttons on the hand control and so, are simpler to operate. With most models, you can also place them closer to the wall and they will still recline, making them good for smaller spaces.</p>	
<p><b>Dual Motor</b></p> <p>These chairs are controlled by two motors. This means that the legrest and backrest move independently of each other.</p> <p>Dual motor chairs have more buttons on the hand control, thanks to this independent movement, so some users may find it more difficult to operate. The benefit of dual motor chairs is more freedom of movement, thanks to the independence between the backrest and the legrest.</p>	

## Choosing your upholstery

Firstly, consider the “look” – will the colour and style of the chair fit in with your home’s decor? Also, consider whether a fabric or vinyl option is best suited to you. Fabric is great for comfort, however, if you sweat a lot or have continence issues, a vinyl option is probably best for you, as it is easier to keep clean and is more durable.

## Choosing your size

Riser recliner 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 and your feet flat on the floor. You should be able to get two fingers between the back of your knees and the front edge of the chair. And the seat should be wide enough for you to sit comfortably, but not so wide that you lose the support of the chair and can’t use the armrests.

## 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 riser recliner 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 / riser 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

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

Here are some tips:

		
<p>It is a good idea to leave your chair in an upright position when not in use, to make sitting down easier.</p>	<p>When sitting down, always feel for the chair at the back of your thighs, before lowering yourself down.</p>	<p>Liaise with your healthcare professional to safely learn how to use your riser recliner chair.</p>