

Help in the living room...

At the Independent Living Centre we have a large range of equipment for assessment, including chairs, over chair tables, telecare, telephones, commodes, and other useful items such as curtain pullers. Give us a call on **01380 871007** to book an appointment with our Occupational Therapist to find out what would be suitable for you.

Things to consider when buying a chair...

- Can you stand up easily from the chair? If not, it may be worth considering a riser/recliner.
- With your back fully supported, does the seat of the chair fit the length of your thigh? Do your feet rest comfortably on the floor, and your arms rest comfortably on the armrests?
- Is the chair wide enough for your shoulders and hips, and high enough to support your head?
- Can the company make alterations to the chair if necessary?

Additional things to consider if buying an electric riser recliner chair...

- Can you work the controls easily? They can be on the left or the right, and some control the foot rest separately from the back rest.
- Think about where you plan to put the chair - is there enough room to allow it to recline?
- If you have pets or small children, there is a small risk of them getting trapped under the chair as it lowers.

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Things to consider when buying a commode...

- Would a static commode be suitable, or would you need to move it from room to room? Would you ever like to take the commode on holiday with you?
- Would you like to use the commode as a shower chair? Not all are made for this purpose.
- Is the commode sturdy with a stable base, strong arms, and comfortable seat? Is the height right for you, and will it take your weight?
- Is the commode easy to clean, and can the pan be removed easily for emptying?

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Have you considered Telecare in the living room?

This includes products such as:

- A pendant or pull cord
- Chair sensors
- Door sensors
- Bogus caller sensors (anyone ringing the doorbell has to confirm their identity with the call centre first)
- Day clocks/Orientation clocks
- Falls detectors
- Smoke and carbon monoxide detectors
- Extreme temperature sensors (in case of heating failures)
- Medication dispensers

Did you know you could get phones with the following features?

- Big buttons
- Amplified sound
- Mobile phones with GPS trackers
- Speed dial with names and/or photos

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Before buying anything from a magazine, TV advert or the internet, can you say yes to the following questions?

- Have you asked a friend or family member to be with you when the salesperson visits?
- Have you been told the complete price? Delivery and fitting may be extra.
- Have you compared prices with other companies?
- Have you checked the item will fit and work in your home? Can you try before you buy?
- Are you being offered a guarantee? Is the repair service local?
- Have you been given all the information in writing? Are there contact details in case of a problem?

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