**Confidentiality**

We will not share any information that you give us without discussing this with you first and getting your consent. The only exception to this is if we consider that your life or the wellbeing of someone else could be at risk

**Compliments, Comments and Complaints**

We welcome feedback about our services so please contact the Patient Advice and Liaison Service on Freephone **0800 7834839** or email:

 elft.palsandcomplaints@nhs.net

If you are not happy with the service and your treatment, please ask to speak to the service manager to try and resolve this. Or contact the PALS team.

If you wish to make a complaint, you can call Freephone **0800 085 8354**

or email: elft.complaints@nhs.net

or write to:

FREEPOST RTXT-HJLG-XEBE Complaints Department,

The Green,

1 Roger Dowley Court.

Russia Lane,

London E2 9NJ

Bedfordshire adult and children's community health services are provided in partnership by East London NHS Foundation Trust (ELFT) and Cambridgeshire Community Services (CCS) NHS Trust.

**Measuring for a chair**

A simple way of ensuring the correct size chair is by measuring the person. Firstly ensure that you are sitting comfortably and upright.

1. Seat height: Measure from the floor at their heel to the fold at the back of their knee. This will give you the minimum height of chair required.
2. Seat depth: Measure from the fold at the back of their knee to the back of their bottom
3. Seat width: Measure across the widest part of their bottom/hips.

**Funding**

The Community Therapy services cannot provide or fund non specialist seating where there is no identified clinical need for specialist postural support.

You will receive a full assessment of your current functional ability, postural support and pressure care needs. You will be informed whether or not you meet the funding criteria for specialist seating.

There are some groups and charities around Bedfordshire that may provide support with your funding if eligible.

**Advice for renting & purchasing the correct chair for you**



**Seating**

**Getting the correct size chair**

The wrong fitting chair can have many negative effects, so it is important to have the correct chair and positioning. This will help improve your posture leading to a positive impact on your overall health and wellbeing.

The key aspects to consider are:

Seat Height: If the chair is too high then this puts increased pressure on the back of your thighs. Equally if the chair is too low then this puts increased pressure on the bottom of your spine and buttocks. Ideally the correct height will allow your feet to be placed comfortably on the floor with your knees at a 90 degree right angle ensuring that they are even with your hips.

**Seat Width:** A chair that is too narrow can cause shearing to the skin around the hips and thighs. If a chair is too wide you will end up leaning to get support from armrests. You should be able to comfortably use both arm rests without stretching and have approximately a fist size space either side of you.

**Seat Depth:** The base of your spine should make contact with the back of the chair and you should be able to sit comfortable upright to protect your spine. If a chair is too short then you will not get the support required.

**Armrests:** These should come all the way to the front of the chair and be padded so your arms are fully supported. It is key that the armrests are at the correct height to provide enough leverage to aid you to stand.

**Chair functions**

Chairs with a **reclining function** allow your position to be altered during the day. This helps with comfort and pressure relief if you have reduced mobility. The **rise function** of a rise recliner chair is designed to aid a safe sit to stand transfers from the chair with or without equipment.

The **leg rest function** (manually or electronically depending on your choice of chair) will lift up to support your calf. The ability to raise your legs up can help with comfort, reducing oedema and help to redistribute pressure throughout the body.

It is recommended that if you are sitting for long periods of time throughout the day, or are unable to shift your own weight you will need **pressure management** on your chair. Risk factors include (but not limited to):

* Restricted movement
* A history of pressure ulcers
* Vulnerable skin
* Incontinence

By adding a pressure cushion, this will reduce the depth of your remaining armrest, decreasing the leverage that will assist you to stand. Integrated pressure management is available on request.

It is important to check there is enough **space** where you plan to place the chair. Some of these chairs may need to be plugged in so consider the location of a **plug socket** to avoid any trailing wires.

All style chairs can be purchased in a **range of materials** to suit your needs.

**Buying or renting a chair**

**Further Information**

Primary Care at Home Caseholder:

Contact Number:

 **0345 602 4064**

When looking for a chair there are lots of options available. It is important that you are informed to make the right decision. This will help you decide where to look.

There are many retailers both online or in store where you can purchase or rent a chair from. It is recommended that you shop around and utilise the company’s expertise to ensure the correct sizing and functions meet your needs. Please check if this service is available which is generally free of charge.

Here are some suggestions of companies

****A second hand furniture shop

2, Shortmead Industrial, Sun St, Biggleswade SG18 0BP, **01767 600332** [www.preenreuse.com](http://www.preenreuse.com)

Unit 5b-5c St Francis Way, Shefford, Bedfordshire, SG17 5DZ, **01462 811 211**

<https://www.comforthomecare.co.uk/contact>

Stacey Bushes Trading Centre, Erica Road, Milton Keynes, MK12 6HS, **01908 310770** <https://www.careco.co.uk/>

Equipment for hire **0800 111 6234,** <https://mobilityhire.com/>

 Dunstable **01582 470 900**

Email: info@drcbeds.org.uk

<https://drcbeds.org.uk/>

Seating: **Information leaflet**