

Choosing an armchair

We hope to answer your concerns, but if you have any more questions please ask a member of staff

Chairs are important for comfort, but also function and good skin integrity.

It is advisable to try a range of chairs before purchasing one. Here are some things to consider to help you make the right choice.

Seat height

The height of the seat can determine how easy it is to get in and out of the chair. The correct seat height equals the **measurement from the floor to the crease at the back of the knees. When seated, the hips and knees should be at right angles (90°) while your feet are flat on the floor.**

- A high seat will make it easier to stand up and sit down; however, if the seat is too high your feet will not touch the floor, which can be uncomfortable
- A seat that is too low will be more difficult to get out of and will not distribute pressure evenly over your bottom and thighs, which can result in soreness or even pressure sores
- If you need support for your feet when seated, then a footstool may be used as long as it can be removed safely before standing up, by the chair user themselves.

Seat width

- The seat should be wide enough to allow you to sit comfortably but not so wide that you struggle to use the armrests to stand up.
- Seats that are too narrow can rub on hips causing soreness.

Seat depth (front to back)

- The seat ideally needs to be deep enough to support the full length of the thighs. The correct seat depth equals the measurement from the back of the hips to approximately 1.5 inches (4 cm) from the back of the knee.
- If the seat is too deep, you will have to lean back to provide support for your shoulders, and this can be uncomfortable and may cause you to slide forwards in the chair -this may also cause problems with shearing your skin on your bottom.
- If the seat is too shallow, your thighs will not be supported properly and after a while you may be uncomfortable

Armrests

These should provide side support and help you stand up. They should be wide enough to support your forearm when relaxing. Padded armrests provide more comfort. The armrests should be high enough to support the arms without pushing the shoulders upwards.

Backrest

Comfort in a chair is often determined by the shape and angle of the backrest.

- An upright backrest can be tiring and difficult for you to relax in
- A backrest that is too reclined may force you to slide forwards and can make it difficult for you to stand up
- The chair needs to be comfortable and supportive

Riser and recliner chairs

It is always important to ensure the chair user has the ability to understand and use rise and recliner chairs safely so that they don't get stuck or risk falling out.

Recliner armchairs

Recliner armchairs are available with both manual and electric controls. Things to consider when purchasing a recliner chair are:

- The overall size of the chair when reclined, to ensure there is adequate space for the chair in its reclined position
- **Manual controls** are usually less expensive, but vary in ease of use and should be tried before buying
- **Electric controls** are often easier to use. If you have problems using your hands you should try the controls to ensure you can operate them easily
- Electric controls can operate the leg and back rests separately so that you can elevate your legs without reclining. **This is known as a dual motor system**

Weight limits

It is worth checking the maximum weight limit which generally starts from 19 stone (120kg) upwards.

Listed below are a number of companies that may be able to help you. There are many companies out there so do make time to find what suits you and your budget. Here are a few we are aware of. LOROS does not recommend any specific provider and every effort has been made to ensure that the information we provide is accurate and up-to-date.

Local suppliers	Online shops	To hire a chair
Premier Mobility Beaumont House, 26 Coventry Road, Hinckley, Leicester LE10 0NG Tel: 0800 281756 premiermobilityukltd.co.uk	Argos argos.co.uk	Mobility Hire Tel: 0800 111 6234 mobilityhire.uk.com (Minimum rental period is 1 week)
Golden Years Mobility 115 Gloucester Crescent, Wigston, Leicester LE18 4YF Tel: 0800 028 7411 0116 278 9000	HSL Leicester LE3 2RB Tel: 0116 243 7432 hslchairs.com	

Local suppliers	Online shops	Second hand shops
Langtons Home Furnishing Specialist 81 Churchgate, Leicester LE1 3AN Tel: (0116) 262 2953/4 langton-furnishers.co.uk sales@langtonfurnishers.co.uk	British Red Cross Independent Living Store store.redcross.org.uk	LOROS Furniture Shops: 59–63 Uppingham Road Leicester LE5 3TA Tel: 0116 276 3859 365 Welford Road Leicester LE2 6BJ Tel: 0116 270 8648
The Range Abbey Retail Park St Margaret's, Leicester LE4 0BT therange.co.uk		

This leaflet is updated regularly. For the most up to date information please visit <https://loros.co.uk/our-care>.

In cases of comments or complaints, please contact:

Chief Executive, or Director of Care Services, LOROS, Groby Road, Leicester LE3 9QE or, Care Quality Commission, East Midlands Office, Citygate, Gallowgate, Newcastle Upon Tyne NE1 4PA

If you would like this information in another language or format, please telephone 0116 231 8435 or email info@loros.co.uk

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ਜੇਕਰ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਜਾਂ ਫਾਰਮੈਟ ਵਿੱਚ ਚਾਹੁੰਦੇ ਹੋ ਜਿਵੇਂ ਕਿ ਈਜ਼ੀ ਰੀਡ ਜਾਂ ਬ੍ਰੇਲ, ਕਿਰਪਾ ਕਰਕੇ 0116 231 8435 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ ਜਾਂ info@loros.co.uk 'ਤੇ ਈਮੇਲ ਕਰੋ

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LOROS

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and your family

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