

What to consider when selecting your chair

If you are considering buying or borrowing a chair, please look for the following features:

- Choose one where the distance from the floor to the top of the seat is as high as possible, while still allowing your feet to rest comfortably on the floor.
- Choose one with arm rests that are high enough and close enough to your body so that you can use your arms to assist you to rise.
- Avoid rocking chairs or chairs with wheels or chairs that swivel as these features make them an unsteady surface from which to push off and stand up.
- Avoid chairs where the angle of the seat slopes significantly downward towards the chair back as this has the effect of lowering the seat height, again making it more difficult to rise.

A wing back chair is most likely to have these features. As well, wing back chairs are made in different sizes so you can obtain one that fits you.

Try a chair before buying/ borrowing it.

If your plans do not include a new chair, please consider the following modifications for your existing chair:

- Raise the seat to floor height by using “chair raisers” under each chair leg (available at a local medical equipment store); secure your chair to a platform placed under the entire chair; or add foam under existing cushion.
- Stabilize the chair by disengaging the rocking/swivel mechanism.

Consider an easy lift chair (available new/ used or rental at your local vendor), especially if the above suggestions are not successful.

When visiting friends, family, church, etc., consider carrying a lightweight/firm foam cushion about 3” high. This can be placed on top of a chair seat to increase the seat to floor height.

Contact Information

If you have any questions regarding this service, please contact: **310-2222** • ontariohealthathome.ca