

# Choosing an armchair

**This leaflet is for guidance only and has been produced with assistance from healthcare professionals including the LOROS Enablement Team**

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 it's 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

#### Premier Mobility

Beaumont House, 268 Coventry Road, Hinckley, Leicester LE10  
Tel: 0800 281756  
premiermobilityukltd.co.uk

#### Langtons Home Furnishing Specialists

81 Churchgate, Leicester LE1  
Tel: (0116) 262 2953/4  
langton-furnishers.co.uk

#### Golden Years Mobility

115 Gloucester Crescent, Wigston, Leicester LE18 4YF  
Tel: 0800 028 7411  
goldenyearsmobility.net  
(0116) 278 9000

#### The Range

Abbey Retail Park, St Margaret's Leicester LE4 0BT  
Tel: 0116 253 0389  
therange.co.uk

### Online shops

#### Argos

argos.co.uk

#### HSL

Leicester LE3 2RB  
Tel: (0116) 243 7432  
hslchairs.com

#### Better life Healthcare Ltd

Tel: 0333 920 6996  
betterlifehealthcare.com

#### British Red Cross

**Independent Living Store**  
store.redcross.org.uk

### To hire a chair

#### Mobility Hire

Tel: 0800 111 6234  
mobilityhire.uk.com  
(Minimum rental period is 1 week)

### Second hand shops

#### LOROS Furniture Shops:

59-63 Uppingham Road  
Leicester LE5 3TA  
Tel: (0116) 276 3859

365 Welford Road  
Leicester LE2 6BJ  
Tel: (0116) 270 8648

This leaflet is updated regularly. For the most up to date information please visit [loros.co.uk/care](http://loros.co.uk/care)

**In cases of comments or complaints, please contact:**

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

**Alternative languages:**

LOROS Hospice is dedicated to ensuring equality and diversity is at the core of all our activities.

If you need this information in your own language, please contact the PA to our Patient Experience Lead on 0116 231 8435

**اللغات البديلة**

إذا كنت بحاجة للحصول على هذه المعلومات مترجمة الى لغتك الأم ، فيرجى منك الاتصال مع الموظف المساعد PA في قسم خبرة وتجربة المرضى Patient Experience Lead على رقم الهاتف 0116 231 8435

Jeśli potrzebuje Pan/ Pani, aby niniejsze informacje zostały udzielone w Pana/ Pani języku ojczystym, prosimy o kontakt z PA Kierownika ds. Pacjentów pod numerem 0116 231 8435.

**مُتبادلُ لُبانين**

اگر یہ معلومات آپ کو اپنی زبان میں درکار ہیں، تو براۓ مہربانی 0116 231 8435 پر ہمارے/ہماری پیشینت ایکسپیرٹنس لیڈ کے/کی پی اے سے رابطہ کریں

PA 0116 231 8435

**ਵਿਕਲਪਿਕ ਭਾਸ਼ਾਵਾਂ**

ਜੇਕਰ ਤੁਹਾਨੂੰ ਆਪਣੀ ਭਾਸ਼ਾ ਵਿੱਚ ਇਸ ਜਾਣਕਾਰੀ ਦੀ ਲੋੜ ਹੈ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ 0116 231 8435 'ਤੇ ਸਾਡੇ ਮਰੀਜ਼ ਅਨੁਭਵ ਲੀਡ ਨਾਲ PA ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

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