



Help! I Need to Get a Wheelchair

Quick Guide to Getting a Right Wheelchair

Getting started

Before selecting a wheelchair, you must first understand your needs and surroundings. Seek your pharmacist/therapist's advice on choosing the right wheelchair.

Features to consider in selecting a wheelchair:

- **Style**

- (i) **Self propel vs Transport chair**

Self propel wheelchair: - allows user to move around independently

Transport wheelchair: - for caregiver to push user around

- (ii) **Material**

Material	Chrome	Aluminium	Titanium
Weight	Heavy	Light	Light
Durability	Less durable	More durable	More durable
Cost	\$	\$\$	\$\$\$

- **Weight**

- Range from 7kg to 20kg
- Lightweight ones are easier to fold and put in car
- Need to consider size and strength of caregiver to transport wheelchair
- Heavier wheelchair is more comfortable for bigger person.

- **Detachable Features**

- Applies to arm and leg rests.
- Preferred if user need help to transfer from wheelchair to bed/car.

- **Foot/Leg Rest**

- Allows user to rest his legs.
- If user needs his legs elevated due to swelling or other problems, elevating leg rest will be helpful.

- **Size**

- Consider seat width, depth and height

- (i) **Seat width**

Allow 4cm on each side of user for heavier clothing

- (ii) **Seat depth**

- Seat user upright in wheelchair and measure from back of seat to 3-4cm behind knees.
- Allows the seat long enough to provide proper leg support without rubbing against back of lower legs.

(iii) Seat height

Select the right seat height based on user's height

User height	Seat height
<1.5m	35-41cm
1.5-1.6m	43-46cm
>1.6m	48-54cm

- Measure the width of your doorway, size of lift to ensure the wheelchair can pass through.

• Cost

Talk to our staff to choose a wheelchair that meets your needs and budget.

Closer look at different wheelchairs

	Standard Wheelchair <u>Characteristics:</u> <ul style="list-style-type: none">• For user who can self propel easily or has someone to push him• Weight: approximately 22kg; caregiver must be able to transport wheelchair• Lower cost
	Lightweight Wheelchair <u>Characteristics:</u> <ul style="list-style-type: none">• For user who can self propel with some difficulty or has someone to push him• About 5kg lighter than standard wheelchair• Helps caregiver transport wheelchair more easily
	Transport Chair <u>Characteristics:</u> <ul style="list-style-type: none">• Lightweight and easy to transport• Cannot be self propelled; need someone to push user
	Reclining Wheelchair <u>Characteristics:</u> <ul style="list-style-type: none">• For user who spends long periods in wheelchair or need to be in prone positions• Heavier and more difficult to transport

Pictures are for reference only. Photos courtesy of Assisted Living.

For safety and comfort

- Use a wheelchair cushion.
- Choose the right seat width. Bigger widths can cause posture problems.
- Test the wheelchair before purchase.
- Lock wheels and swing foot rest before getting on/off wheelchair.

Making your home wheelchair friendly

- Remove loose carpets or rugs
- Move furniture to allow 80cm path and a 150cm turning radius

FREE Delivery !



FREE delivery for purchase above \$150*.
Delivery charge \$12.00 for purchase below \$150.

* Terms & conditions apply
Talk to our staff for more information.

We are located in these Polyclinics:

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- Bukit Batok Polyclinic 6896 2271
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