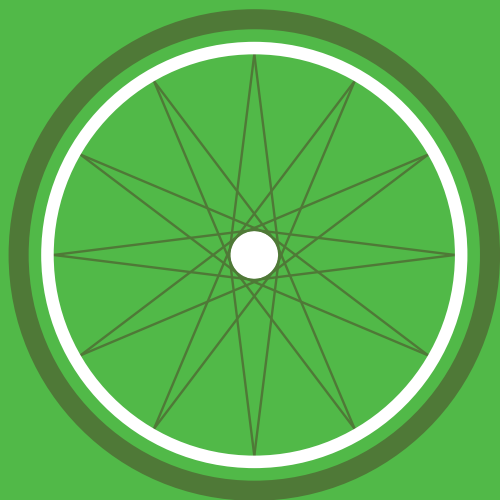


Out + About



Choosing the right wheelchair

Choosing the right wheelchair

Choosing the right wheelchair improves the user's comfort and makes it easier for them to handle as well as provide safety for the user. To choose a wheelchair, you'll need to look at a few things:

Self-propelled vs Transport Wheelchair

- » A self-propelled wheelchair allows the user to move around by themselves
- » A transport wheelchair allows the caregiver to push the user around

Material of Wheelchair Frame

Material	Chrome	Aluminium	Titanium
Weight	Heavier	Lighter	Lighter
How long it lasts	Less lasting	More lasting	More lasting

Wheelchair Size

Factor	Remarks
Seat width	» Width of the seat should allow about 1 inch spacing between the user's hips and arm rests
Seat depth	» The distance between the back of the knees (when seated) and the edge of the seat should be about 3-4cm

Factor	Remarks
Seat depth (cont'd)	This provides proper leg support without causing friction at the area
Seat height	» If the user is less than 1.5m in height, the seat height should be 35-41cm » If the user is between 1.5-1.6m in height, the seat height should be 43-46cm » If the user is more than 1.6m in height, the seat height should be 48-54cm

Weight of Wheelchair

- » Most models weigh between 7 and 22kg
- » Lighter models make it easier to transport the wheelchair

Other things to look at

- » Parts that can be removed - arm/leg rests that can be removed allow the wheelchair to be more compact for easier storage and transport
- » Reclining wheelchairs - these wheelchairs are likely to be heavier and are more suitable for users who need to be leaning backwards while on the wheelchair

Scan the QR code to find out more about

- Features of different wheelchairs

