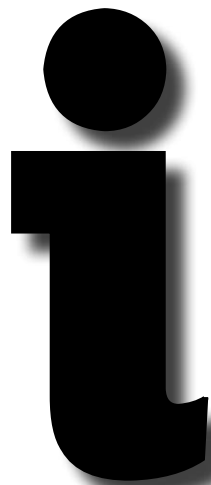


Wheelchair education (page 1 of 3)



Why should I attend wheelchair education sessions?

After your stay at the Spinal Treatment Centre you will be out in the community leading an independent life. For this reason, it is important that you know as much as possible about all aspects of wheelchairs, posture and seating before you leave, that's everything from, understanding the importance of a good posture, through to being able to select or purchase the correct wheelchair for you.



The education sessions will teach you the basics of as many aspects as possible of wheelchairs, posture and seating.

Who runs the programme and where are they held?

The wheelchair education programs are run in the therapy department by the Rehabilitation Engineer or a Therapist. They take place every week on a rolling programme. Family or carers are welcome to attend the sessions

Please check your timetable or contact the rehabilitation Engineer or your primary occupational therapist to find out times and dates of each week's session.

Week 1 – Wheelchair provision

- we will discuss the provision of wheelchairs, either from the NHS or private purchase, the NHS voucher scheme and what wheelchair you will leave the spinal unit using
- we will discuss responsibility for support and maintenance of your wheelchair after you have left the spinal unit
- we will discuss personal wheelchair budgets.

Week 2 - Posture and seating basics

- is about understanding posture and seating in relation to gravity, pressure, centre of mass and base of support
- the anatomy and physiology of sitting correctly (examples of poor posture will be demonstrated).

Week 3 – Types of wheelchair.

- this week we will discuss with you the different types of wheelchair available and how manufacturers group them to better describe

If you need your information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: customer care@salisbury.nhs.uk

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

If you are unhappy with the advice you have been given by your GP, consultant, or another healthcare professional, you may ask for a second (or further) opinion.

The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.

specifications and purpose.

Week 4 - 'Active' wheelchairs

- this week we will discuss in more detail 'active' wheelchairs, their design and their claims, features and benefits.

Week 5 - Mechanical efficiency

We will help you understand the importance of the physics and geometry of a wheelchairs in order to maximise potential mechanical efficiency. We will consider the effects of things such as:

- rolling resistance
- centre of mass
- chassis design
- components
- physics and geometry.

Week 6 - Powered wheelchairs

- we will discuss with you the various "add-on drives" that are available (these are powered attachments for manual wheelchairs)
- we will tell you about the different types of powered wheelchairs such as drives, seating and choice of functions
- we will tell you about the electronic systems used on powered wheelchairs.

Week 7 - Planned preventative maintenance

- we will cover the basics of maintaining your wheelchair
- we will discuss who is responsible for maintenance of your wheelchair
- we will discuss manufacturers warranties, service guidelines, approved dealer networks etc.

Week 8 - A guide to buying a wheelchair for privately the first time

- purpose
- legal considerations
- manufacturers, dealer networks who and options when buying a wheelchair
- the importance of after sales service.

Please have the sessions signed off by a therapist as you attend. Keep this form for your records:

WEEK 1 Getting a wheelchair. _____

WEEK 2 Posture and seating basics. _____



WEEK 3 Types of wheelchairs. _____

WEEK 4 Active wheelchairs. _____

WEEK 5 mechanical efficiency. _____

WEEK 6 Powered wheelchairs. _____

WEEK 7 Planned preventative maintenance. _____

WEEK 8 Buying a wheelchair privately _____