

# Adjustable height chair

## A guide for patients and carers

### Your occupational therapist is



9231 3850 and pager \_\_\_\_\_

Please follow these instructions to set up the adjustable height chair.

Contact your Occupational Therapist if you have any questions.

### Adjustable height chair

The adjustable height chair is commonly used in the meals or lounge area.

A family member or friend will need to set up the adjustable height chair for you. Your Occupational Therapist can show your carer how to do this.



### Using an adjustable height chair

1. Stand with the back of your knees against the chair.
2. Put both hands back onto the arms of the chair and then sit down.
3. To stand, push up from both arms of the chair.



### Be safe

- Make sure the height adjusting buttons have clicked into place before using the chair.
- Make sure all four legs are on an even surface. The chair must be steady.
- Remove all mats. Mats can increase the risk of falling.

