WHEELCHAIR SERVICE STEPS

1. Appointment and referral
2. Assessment
3. Prescription (selection)
4. Funding and ordering
5. Product (wheelchair) preparation
6. Fitting
7. User training
8. Maintenance, repairs and follow up
PUSHING
• To use less effort while pushing, push from 10 o’clock to 2 o’clock position with long smooth action.

TURNING
• Hold one push rim towards the front and the other towards the back;
• Pull the forwards hand backwards and push the backward hand forwards at the same time.

UP SLOPES
• Lean forward – this helps stop the wheelchair tipping;
• To stop or rest – park the wheelchair side-ways.

DOWN SLOPES
• Lean backwards;
• Let the push rim slide slowly through the hands.

UP STEPS WITH ASSISTANCE
• Go up backwards;
• Tilt wheelchair onto back wheels;
• Assistant pulls backwards and upwards;
• Wheelchair user can assist by pulling the push rims backwards.

DOWN STEPS WITH ASSISTANCE
• Go down forwards;
• Tilt the wheelchair onto back wheels;
• Assistant lets the back wheels slowly roll down one step at a time;
• Wheelchair user can assist by controlling the push rims.
A pressure sore is an area of damaged skin and flesh that is caused by:

1. Pressure
2. Friction
3. Shear

People who cannot feel (have no sensation) are most at risk of developing a pressure sore.

How can pressure sores be prevented?

1. Use pressure relief cushions
2. Sit upright
3. Use pressure relief techniques
4. Eat well and drink lots of water
5. Avoid friction
6. Avoid moisture
7. Check skin every day
8. While lying or sitting, change positions regularly

Common areas where pressure sores might occur:
1. Clean the wheelchair and cushion
2. Oil moving parts
3. Pump up tyres (if pneumatic)
4. Tighten nuts and bolts (if loose)
5. Tighten spokes (if loose)
6. Make regular checks: • Rust and upholstery; • Cushion.