



You can prevent a fall



Staying Independent

Do you have difficulty getting up from chairs, sofas or beds?

Whenever possible, choose chairs with arms. Avoid low chairs with deep seats.

Checking the right height of furniture



Sit on the furniture.

Have someone measure the distance from the floor to the seat. (You need to have the height of the seat measured when you are sitting on it. Softer seats collapse more than firm seats).

Next, stand up.

Have someone measure the distance from the floor to the top of your kneecap.

Next, check the height.

The distance between the floor to the seat should be the same as the distance from the floor to the top of your kneecap.

Making Adjustments

The height of furniture can be adjusted by placing your furniture legs into special furniture raising blocks (see your medical supply store for more information)

See your local medical supply dealer for more detailed information.