



a
better
way...



...dining chairs designed to
Swivel...Turn...Roll...
and **Brake** for safety!

WHY TODAY'S CHAIRS **FAIL** TO MEET THE CHALLENGES OF AN AGING POPULATION



The journey of aging robs many seniors from living healthy, independent lives. Challenges associated with aging, ongoing health issues, injuries, or surgeries reduce mobility and prevent many from doing even the simple things in life, such as scooting up to a table to enjoy a meal with family or friends.

Simply stated...

Today's dining chairs fail seniors...because they are not designed to **MOVE!**

As a result caregivers risk personal injury when providing mealtime assistance.

Therefore...

Dining chairs designed for seniors and caregivers should include features that enable chairs to ***SWIVEL...TURN...ROLL...and BRAKE*** for safety!

These features eliminate the need for care staff to **push** / **pull** / **shove** / **twist** when providing mealtime assistance.

Consider the following...

1. **Traditional chairs are not designed to move.** Traditional, four-legged dining chairs rely on friction between the legs of the chair and the floor to remain upright and immobile. Thus, any force applied to move a chair (push/pull/shove/twist) with a seated person damages a chair's structural integrity.
2. **Cushioned flooring further increases resistance when attempting to move a seated person.** While cushioned flooring is credited with minimizing serious injury should a fall occur, indentations formed under each chair leg make it almost impossible for a caregiver to move a chair with someone sitting in it.
3. **In many care communities, the person providing assistance is also a senior.** Increasingly, many early retirees are returning to work as caregivers. As seniors themselves, they too are at risk of incurring injury do to diminished physical strength and muscle coordination.
4. **Safety guidelines indicate a person can safely push no more than 40 lbs.** Any attempt to move a seated person of any size is unsafe and increases the risk of injuring oneself.

Daily mealtime challenges experienced by caregivers include:



- Assisting persons with limited mobility get seated and moved up-to and away-from the table
- Assisting larger persons (300+ lbs.) get seated and moved up-to and away-from the table
- Assisting persons relying on a rollator/wheelchair for stability, transfer into a dining chair and then get moved up-to and away-from the table
- Providing dignity to persons requiring feeding assistance while they are seated in different styles of geri-chairs
- Providing assistance to persons who are no longer capable of understanding verbal instructions (Alzheimer's, Dementia) get seated and moved up-to and away-from the table
- Providing assistance to persons with impaired motor skills (Parkinson's) get seated and moved up-to and away-from the table

....and finally, providing care without incurring a personal injury.

While it is expected caregivers will assist a seated person up-to and away-from the table, the reality is this task is almost impossible as caregivers lack the physical strength required to provide assistance. Care communities would be well served to identify a mechanical means that enable caregivers to perform these tasks with grace and ease.

Design Question: How does a person living with reduced mobility get moved up-to and away-from the table?

Design Challenge: Our challenge was NOT to design a chair that rolls easily. These chairs already exist in the form of a task chair or a 1970's dinette chair. These chairs are considered unsafe as they can move unexpectedly and prematurely.

Rather, the challenge was to incorporate mobility features balancing the need to:

- enable a seated person to be moved up-to the table with ease and grace,
- reduce the physical demands placed upon caregivers, and
- ensure the seated person's sense of dignity and self-worth is maintained without compromising safety.

To Learn More...For seniors living with reduced mobility, these features enable a care provider to offer assistance without risk of injury to themselves.



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HOW DOES A PERSON GET SEATED AT THE TABLE...



POSITIONS
CHAIR

GETS
SEATED

LIFTS
CHAIR
SLIGHTLY

SCOOTs
FORWARD



AN **ABLE-BODIED** PERSON...

REQUIRES NO ASSISTANCE



CAREGIVER
POSITIONS
CHAIR



CAREGIVER
ASSISTS IN
GETTING SEATED



CAREGIVER
PUSHES - SHOVS - TWISTS
TO MOVE SEATED PERSON FORWARD



A **MOBILITY-CHALLENGED** PERSON...

REQUIRES A CAREGIVER'S ASSISTANCE
TO GET SEATED AT THE TABLE

SPECIALIZED SEATING FOR SENIORS...AND CAREGIVERS!

Senior Living
Long Term Care
Skilled Nursing
Rehab



HOW MUCH PHYSICAL ASSISTANCE CAN A CAREGIVER SAFELY EXERT?

(**LIFTING – PUSHING – PULLING**)

A person can safely LIFT 35 lbs. under normal conditions (no sudden moves or twisting)
A person can safely PUSH up to 20% of their body weight and PULL up to 30% of their body weight.

** Silverstone Group*

	LIFT ↑	PUSH →	PULL ←
👤 140 lbs. CAREGIVER	35 lbs.	28 lbs.	42 lbs.
👤 200 lbs. CAREGIVER	35 lbs.	40 lbs.	60 lbs.

ESSENTIALLY...WHEN USING TRADITIONAL DINING FURNITURE,
A CAREGIVER RISKS A WORK-RELATED INJURY EACH TIME MEAL ASSISTANCE IS PROVIDED.



**Traditional
Seating**



SEAT: **Swivels**
Locks - 90°

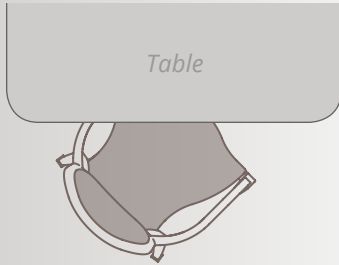


SEAT: **Swivels**
Locks - 90°

CHAIR: **Rolls (Inline)**
Brakes

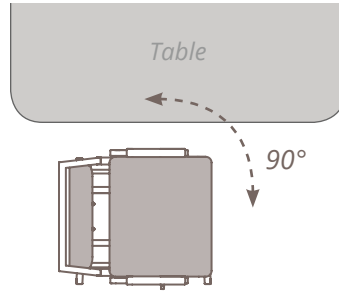


CHAIR: **Turns (360°)**
Rolls
Brakes



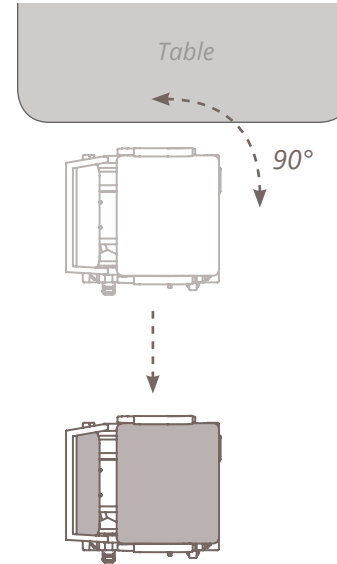
SEAT
PARTIALLY
ACCESSIBLE

PERSON ASSISTED
TO THE CHAIR



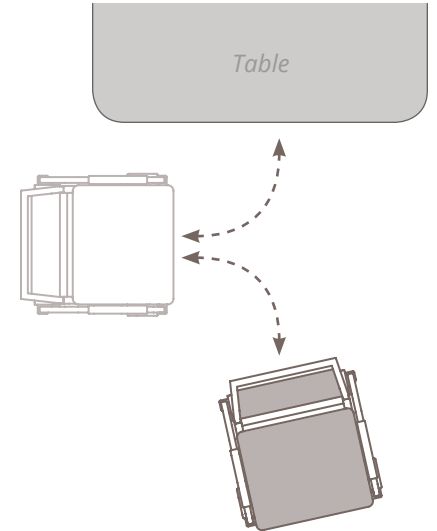
SEAT
FULLY
ACCESSIBLE

PERSON ASSISTED
TO THE CHAIR



SEAT
FULLY
ACCESSIBLE

PERSON ASSISTED
TO THE CHAIR



SEAT
FULLY
ACCESSIBLE

CHAIR MOVED
TO THE PERSON

HOW CHAIRS THAT **SWIVEL - LOCK - TURN - ROLL - BRAKE** ACTUALLY WORK



TRADITIONAL SEATING

- Chair provides no movement when assisting a person up to the table
- Chair is placed close to the table and positioned at 45 degrees (restricting access)
- Table interferes with efforts of caregiver to get a person seated
- Caregiver required to **push-pull-shove-twist** when positioning a seated person to the table

SWIVEL - LOCK

- The base of the chair remains stable. No wheels
- The seat swivels 90 degrees and locks automatically
- Provides full access to the chair seat
- Eliminates table interference when getting a person seated



SWIVEL - LOCK, ROLL & BRAKE

- The seat swivels 90 degrees and locks automatically
- Provides full access to the chair seat
- Eliminates table interference when getting a person seated
- The chair can also be pulled away from the table providing additional clearance
- The chair rolls forward and backward (inline)
- Foot brakes attached to rear casters



TURN, ROLL & BRAKE

- The chair turns 360 degrees
- Provides full access to the chair seat
- Eliminates table interference when getting a person seated
- Caregivers can move seated persons from table to table
- Allows the caregiver to bring the chair to the person requiring assistance
- Multiple brake options available



HEALTH CARE FURNISHINGS

Senior Living
Long Term Care
Skilled Nursing
Rehab

Chairs designed to
Swivel...Turn...Roll
and **Brake** for safety!



SEAT: **Swivels**
Locks - 90°



SEAT: **Swivels**
Locks - 90°

CHAIR: **Rolls (Inline)**
Brakes



CHAIR: **Turns (360°)**
Rolls
Brakes



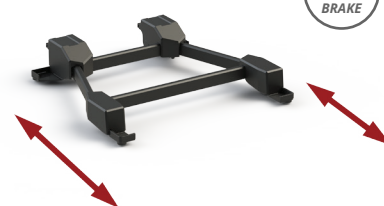
TABLE
TOPS: **Lift**
Extend
(Individually)

CUSTOM-SIZED



CHAIR
CADDIE: **Turns (360°)**
Rolls
Brakes

CUSTOM-SIZED



CHAIR
CADDIE: **Rolls (Inline)**
Brakes



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Who Benefits...

When chairs are designed to **Swivel...Turn...Roll...**and **Brake** for safety.



T·2

Contessa



...REDUCE

Workplace Injuries

WC Claims / Absenteeism / Overtime

Furniture Costs...as the premature replacement of chairs is no longer required

Flooring Costs...as damage caused as a result of constant skidding is eliminated



*Reducing Stress / Anxiety
for Both the
Seated Person and the Caregiver*

...CREATE

Safer Workplace

*A More Enjoyable
Mealtime Routine*

Healthier Work Environment

*Better Retention of
Care Staff*



*a
better
way...*

...NURTURE

*Creating a More Enjoyable
Mealtime Routine*

*Families
Experience an Increased
Sense of
Dignity & Self-Worth*

*Enables Seniors to
Care of Each Other*



*Creating
a More Enjoyable
Mealtime Routine*