CareFlex

Providing Specialist Seating & Support Since 1995



A Relatives Guide to Specialist Seating

Helping to Improve Comfort and Wellbeing



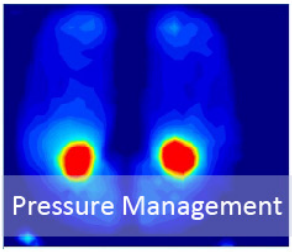
CareFlex, Supporting Families with Specialist Seating

Since 1995, CareFlex has collaborated with Health and Social Care Professionals to develop innovative and effective Specialist Seating. We understand the importance of balancing comfort, function, postural support, and pressure care. CareFlex chairs are built in the UK by a dedicated team committed to providing durable chairs that will stand the test of time.

CareFlex offers a premium service for Specialist Seating; focusing on enhancing the customer experience and guiding you every step of the way. From the initial phone call to the free assessment, receiving a quotation, placing the order, delivery and setup, free training, and after-sales, we are there for you. When you choose CareFlex, you benefit from a knowledgeable specialist seating assessor, exceptional customer support, and a range of individualised services.













Why is Specialist Seating important?

Most people instinctively make postural changes when feeling uncomfortable sitting in a chair. We shift our buttocks, stretch out our legs, and move our heads, necks, and shoulders; we are constantly on the move so that we can manage our own comfort, posture, and stability without a second thought.

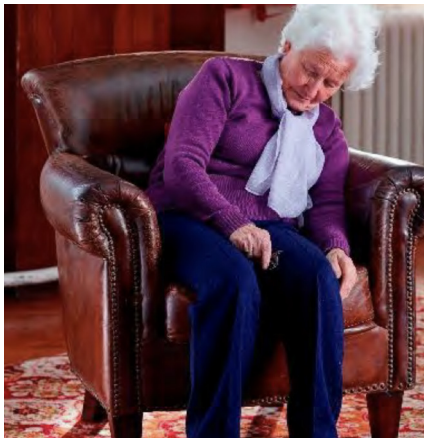
When a person's abilities are reduced or compromised by age, illness, or disability, often they cannot make these protective movements themselves. Sadly, many individuals must spend a lot of time in bed because standard chairs and wheelchairs do not give them enough support. Individuals with postural challenges, including those seen in older people, may sit in chairs with their heads slumped forward or their bodies leaning to one side as gravity traps them in these destructive positions. This can impair their breathing and their ability to communicate, and it can also affect their capacity to eat and drink safely.

Close attention must be given to their lying and sitting positions to protect their health and wellbeing and reduce their risk of complications such as pain and pressure ulcers. With the right seating choice, a person confined to their bed can rejoin their friends and family in daily life.

Whether watching television, enjoying the company of friends, or just reading the paper in peace, the right customised seating will support independence and promote the social inclusion that is so essential to a person's quality of life. It can also help reduce deterioration, such as weakness, stiffness, and immobility.

A full assessment is essential to providing a chair that is right for your loved one. Necessary measurements are seat width, depth, and height, combined with appropriate support from the head to the feet.

A simple demonstration



Mum is clearly uncomfortable with limited support from the standard chair; gravity is pulling her down on one side, her head is rolling forward, and her body is unsupported.



Mum is supported from top to toe; the chair supports her in an upright sitting position, enabling her to socialise with others or engage in activities and interests.

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What are we aiming to achieve with Specialist Seating?

1. Comfort

Comfort is key for quality of life, and for this reason it is the top priority at CareFlex. Specialist Seating that promotes comfort and feelings of safety can not only enhance an individual's daily life but also increase tolerance of a good seated position. If a person isn't comfortable then they may not use the chair regardless of the clinical benefits. Comfort is subjective; in order to achieve comfort, the individual must be involved throughout the assessment and prescription process.

Our approach centres on the individual, ensuring their views and those of their caregivers are respected.



2. Independence

Retaining a sense of independence benefits older people in many ways. It can help their physical and mental health, boost their confidence and self-esteem, and improve their sense of purpose and quality of life. The feeling they may experience of being a burden to someone can be detrimental to their mental health and wellbeing.

Specialist Seating aims to give that feeling of independence by, for example, being able to stand from the chair without the need of asking for assistance, to spending more time in shared communal spaces and taking part in activities like reading, crafts and entertainment.



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3. Postural Support

Appropriate stability at the pelvis, trunk, head and feet is vital for optimum physiological function. This includes our breathing, ability to swallow, and digestion. By ensuring that there is adequate postural support, we help to ensure that these vital functions do not become limited or reduced due to poor posture.

Stability when seated can also further encourage independence by allowing freedom of movements in the arms and hands. Enabling individuals to engage in activities like reading and eating with cutlery. If postural support is not adequate and solutions are not put in place to address the person's needs this can result in further postural challenges over time. Our Specialist Seating is made to fully meet the individual's needs and we have the knowledge and depth of quality products to do this with a tailored solution, where necessary.



4. Safety

We all need to feel safe in order to feel comfortable and content. Safety can be a higher priority for those individuals if they have an increased risk of falls, either due to specific condition or general weakness from age and reduced mobility. Individuals who have a history of sliding out of their chair or falling during transfers may have reduced feelings of safety and experience fear of falling impacting on engagement in daily life.

This is where Specialist Seating can dramatically return this feeling of being safe by providing a stable base of support with the feet adequately supported to promote postural stability. As a result this helps to keep the individual in the chair secure and comfortable. CareFlex chairs are also designed to make transfers easier reducing the risk of falls whilst supporting caregivers.



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5. Pressure Care

People who experience prolonged rest, inactivity or immobility can be at risk of developing pressure injuries, also known as pressure ulcers or sores. When pressure injuries occur, they can have a significant impact on a person's overall wellbeing and mental health; pressure injuries can be both painful and debilitating. By redistributing the individual's weight over the maximum surface area and away from bony areas, and changing their position more regularly, it is possible to reduce the risk of developing a pressure injury.

The opportunity to sit in Specialist Seating can offer a much-needed change of position to encourage blood flow and redistribute pressure. CareFlex chairs achieve this using innovative CareFlex Watercell Technology and high-quality foam for seat cushions and chair backs.



6. Wellbeing

Wellbeing is defined by the Oxford English Dictionary as "the state of being comfortable, healthy or happy." No one wants to see their loved one in bed for long periods and isolated in their rooms. Specialist Seating aims to reduce time spent in bed and more time sitting out with their friends and carers in communal spaces or in the tranquillity of their rooms. The increased social interaction for sitting out can build a sense of belonging and self-worth. It can support their emotional wellbeing at the same time as their physical wellbeing by being comfortable and safe in their space.

Increasing an individual's wellbeing in turn improves their quality of life, and everyone deserves that.



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Let us introduce you to Michael...

Michael is a 78-year-old gentleman who has lived a good life with a large family full of children, grandchildren and now great grandchildren. For years he loved going to dance halls with his wife, and he still loves listening to music.

Michael was diagnosed with dementia (Alzheimer's disease) 5 years ago. He has recently moved in to a residential home as his needs can no longer be met at home. His wife continues to visit every day.

Michael needs prompting to complete activities of daily living and is becoming more dependent on care staff to complete certain tasks. His mobility is now limited and he requires assistance to complete standing transfers. Michael also has a history of falls.

Michael had been sitting in a standard fixed armchair. Michael complained of being uncomfortable and at times became agitated with his wife. Care staff noticed moving and handling requiring more effort and were considering introducing equipment. They had also started noticing areas of redness on his heels and back.

CareFlex were called in to see if a more specialist chair was needed to reduce the risk of Michael's pressure areas worsening, and to ensure he was comfortable and relaxed.

In the standard armchair it was evident that:

- Michael was too tall for the standard chairs in the residential home;
- Michael was slipping down the chair into an uncomfortable position;
- The seat height was incorrect which meant he had difficulty to stand up out of the chair;
- This incorrect sitting caused increased pressure through Michael's back and heels.
- Michael was getting tired very quickly against the effects of gravity, which was worsening his posture.
- Michael was spending prolonged periods of time in the chair, further increasing his risk of pressure injuries.

It was agreed with Michael that his main goals from seating were to be comfortable, maintain his ability to get in and out of his chair on his own for as long as possible, and manage his pressure areas. Following the Seating Assessment Michael and his care home trialled a careFlex chair, to which Michael began to feel the benefits immediately. He was finally comfortable and able to stay alert longer throughout the day and his improved posture meant he could interact with his wife and grandchildren more easily. His relaxed manner allowed them to spend quality time listening to music together once again.





At CareFlex, we strongly believe in our ethos: we strive to balance posture and pressure management with the individual's own goals, whilst promoting comfort, independence and a meaningful life.

Get in touch to arrange a free no-obligation assessment if you think you or your loved one need specialist seating and postural support, like Michael, from CareFlex Specialist Seating.

At CareFlex, we offer a wide range of Specialist Seating with various functions and accessories based on an individual's level of need and the amount of postural support and pressure care required. We will also make bespoke seating solutions where a more tailored provision is required for a specific unique need.

Our Specialist Seating Range includes:



We also have a range of Rise and Recline chairs, which are designed with an individual's wellbeing and independence in mind, aiding daily living whilst ensuring optimum comfort. The simple push of a button will raise the user forward and upward to a safe standing position or gently recline them back to rest and relax.

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The CareFlex Assessment

We offer a **free, no-obligation** assessment service for everyone interested in a CareFlex chair. This assessment aims to establish:

- What the chair will be used for and for how long the individual will be using it for.
- The method of transfer in and out of the chair.
- How the chair will integrate in the environment, with other products and equipment that are currently used.

The assessment concludes with identifying the most appropriate chair, setup, and accessories to meet your loved one's needs.

Who should attend the appointment?

Ideally, a Health and Social Care Professional at the care home familiar with your relative, this is so we can get a good idea of specific requirements and arrange for the most appropriate CareFlex chair to be demonstrated. However, if this support is unavailable, our experienced specialist seating assessors will provide the necessary assistance to determine the best seating solution for your relative.

How long will it take?

A seating assessment should last an hour, but could take longer based on complexity. We need this time to allow your loved one to feel comfortable in the chair and relax. This is essential because it affects their muscles and joints – giving a better representation of how the chair is likely to support them and be used, day to day.

Will other accessories be needed?

Once your loved one has relaxed, it's possible to make decisions on the chair's suitability, size and fit. It may be necessary to add accessories to improve positioning and sometimes a bespoke modification may be necessary for comfort, function or postural care.

Who will set up the chair?

Upon delivery to the Care Home, the chair will be set-up for your relative/loved one to ensure that it fits appropriately and meets their individualised needs.



What about daily operation?

CareFlex chairs are designed to be easy to adjust and operate. No tools are required to operate the daily functions of the chair and if any dimensions of the set-up need adjustment, reference to the User Instructions will guide the caregiver through the procedures, step by step.

Our aim is to give caregivers the confidence to operate and use the chair effectively. We provide Care Homes all the training they need.



From the day we receive that first phone call from you, all the way through to the chair delivery, we will be here to guide you through each step of the process and make it as simple and easy as we can!

A typical CareFlex process from chair assessment to set-up in the Care Home:

1. Call the CareFlex Team to discuss your seating requirements.
2. Your Specialist Seating Assessor will call to arrange a suitable date and time.
3. Your Specialist Seating Assessor will visit the Care Home to complete the Seating Assessment.
4. The Specialist Seating Assessor will collaborate with the Health & Social Care Professionals to recommend a suitable chair and any accessories or services needed.
5. A quote for the chair is provided.
6. Once payment is made, the order is confirmed. You will be advised of the lead time for making your chair and the expected delivery date.
7. The chair is made-to-order in our UK, Devon-based factory.
8. Our team will deliver the chair and set it up for your loved one.
9. Caregivers are trained on the functions and use of the chair.
10. Our unrivalled aftercare service, warranties and service plans provide peace of mind.

"Finding the most appropriate seating system is always a fine balance but no seating objective should be given greater priority than the individual's comfort. Witnessing an individual smiling more just because they feel safe and able to relax really is the highlight of our working day."

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Fabric & Colour Range

Zest 303
Lemon

Zest 222
Apple

Zest 1175
Turquoise

Zest 438
Tangerine

Zest 608
Fuchsia

Zest 128
Violet

Zest 440
Scarlet

Zest 151
Teal

Zest 155
Duck Egg

Zest 117
Royal

Voyage 105
Indigo

Voyage 624
Mulberry

Zest 444
Cherry

Zest 424
Peony

Venture 321
Wheat

Venture 155
Duck Egg
Blue

Venture 624
Mulberry

Venture 609
Rose

Etch 837
Stone

Etch 129
Ocean

Etch 122
Wedgewood
Blue

Etch 664
Mauve

Zest 858
Cobble

Zest 805
Cream

Zest 906
Ash

Zest 901
Silver

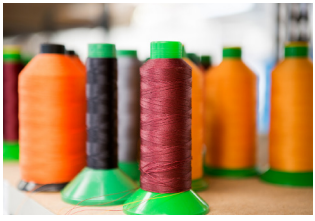
Zest 954
Graphite

Zest 900
Black











Colour Range

IIf your loved one has a favourite colour or a colour that brings them calm or fond memories, choosing that colour can make a significant difference when introducing them to something new and unfamiliar.

All our chairs are available in a large selection of hard wearing, easy maintenance fabrics with a choice of bright and traditional colours.

All fabrics are easy to clean, and offer high levels of comfort and durability. They are manufactured to be resistant to moisture ingress, and meet Crib-5 fire retardancy standards.

Our fabrics have anti-fungal and antibacterial properties that inhibit microbial growth, protecting against E.coli, Aspergillus Niger, MRSA, and COVID-19.

Removable Covers
Our removable covers can be easily taken off for cleaning, or replaced if they are damaged.

Customers' Material Choice
As an extra service, we can customise the chair with a fabric of choice.



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It's more than just a chair:

Complete Care Assessment, Set-Up & Beyond

Free Assessments & Set-Up

Tailored Solutions for Bespoke Seating

Express & Emergency Chair Service

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To find out more or to book a free, no-obligation assessment please contact us.

