

# CLINICAL ASSISTANCE GUIDE

SITNSTAND – LIFT ASSIST DEVICES

# SitnStand – Lift Assist Devices

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The **SitnStand Lift Assist devices** are lightweight and versatile standing aids that are quick and easy to set up, providing the advantage of a portable lift chair to promote independence anywhere within the home or when out and about.

The SitnStand devices incorporate Vertical Lift Technology, to raise a person, in 5cm increments, to an optimal height for them to safely stand. In-built safety features ensure stability and security during lifting and lowering and an attached, intuitive hand control, with up and down arrows, make it easy for the user, or carer, to operate.

All SitnStand models have a safe working load of up to 121kg and provide 4-7 days of cord free use from an overnight battery charge. They all offer 20cm of vertical seat raise, with the anterior surface providing angled support for the thighs during raising and lowering, enabling feet to remain flat on the floor and the pelvis to remain well positioned on the cushion.

There are three Lift Assist devices designed to keep people mobile tailored to meet different user's requirements.



The **SitnStand Classic** is aimed at less active users, who may spend long hours seated, providing the security of a device that will enable them to stand safely from one or more chairs within their home.

It has a long cloth back flap with mouldable sides, that can be draped over any high or low back chair, and contoured slightly to suit the user.

The cushion has 4 inflatable air bladders that inflate in 5cm increments to a maximum height of 20cm, enabling the user to transfer from the height that is optimal for their safety and independence. Designed to support comfort for prolonged sitting, the cushion deflates to a height of less than 1cm, therefore not impacting on the ergonomic benefits of the support surface.



The **SitnStand for Wheelchairs** combines a comfortable wheelchair cushion and lifting aid, comprised of 3 inflatable air bladders, covered by 5 cm of memory foam. Lightweight, portable and quick and easy to attach and remove from a wheelchair, the SitnStand for Wheelchairs is an ideal wheelchair accessory to promote confidence and autonomy when using a wheelchair within the home, or when out and about.

The SitnStand for Wheelchairs is suitable for 17-22" width wheelchairs that have a gap between the backrest and seat to allow insertion of the air supply unit behind the backrest and secured to the push handles. The 20cm of seat raise, ensures that the user remains positioned within the arms of the wheelchair to aid safety and use of the armrests to aid transfers.



The **SitnStand Lift Assist Compact** is designed for more active users whose mobility and independence are limited by difficulty standing up. Like the “Classic” model, the Compact has 4 air bladders that inflate in 5cm increments to a maximum height of 20cm.

Ultra-lightweight (3kg) and portable, SitnStand Compact is a “lift chair in a bag” that enables the user the freedom to get out and about and keep doing what they love to do. The “Compact” fits any suitable chair, sofa, seat, or bench, providing the user confidence to head out and about to parks, restaurants, theatres, arenas, or even to travel on planes or trains.

## FEATURES

Vertical Lift Technology	<ul style="list-style-type: none"> <li>Enhances safety with built-in features to ensure stability and security during lifting and lowering; lifting movement is designed not to catapult the user</li> </ul>
Sturdy Construction	<ul style="list-style-type: none"> <li>Built with durable materials for long-lasting performance</li> </ul>
Smooth Operation	<ul style="list-style-type: none"> <li>Powered inflation unit provides smooth and effortless transitions from sitting to standing and vice versa</li> <li>Inflation/deflation in 5cm increments, allows the user to inflate/deflate to their optimal height of up to 20cm, to assist transfers</li> </ul>
Simple Installation	<ul style="list-style-type: none"> <li>Quick and easy tool free installation making it convenient for use at home or when out and about</li> </ul>
Intuitive hand control	<ul style="list-style-type: none"> <li>Attached hand control with intuitive up/down arrows make operating the lift assist simple</li> <li>Simple push of the button to activate each inflation/deflation level (push and hold of the button is not required)</li> </ul>
Portable and Lightweight	<ul style="list-style-type: none"> <li>At 3kg and 3.2kg, the SitnStand Compact and SitnStand for Wheelchairs both offer a portable and lightweight design making it easy to take these Lift Assist devices wherever you go</li> <li>At 4kg the SitnStand Classic offers a portable model for use within the home</li> </ul>
High Safe Working Load	<ul style="list-style-type: none"> <li>Safely lifts up to 121kg / 19st</li> </ul>
Adjustable Design	<ul style="list-style-type: none"> <li>Accommodates various chair and wheelchair sizes and seat types</li> </ul>

Rechargeable Lithium-Ion battery	<ul style="list-style-type: none"> <li>• Easily removed and charged</li> <li>• Overnight charge lasts for 4-7 days</li> <li>• Orange light on the hand control indicates when the battery requires charging</li> <li>• Supplied with a wall battery charger with a 1 metre cable</li> <li>• Suitable for airline travel (<a href="#">Travelling with batteries and power packs   Civil Aviation Safety Authority</a>)</li> </ul>
Washable Seat Cover	<ul style="list-style-type: none"> <li>• Easy to remove for laundering (SitnStand Classic model only)</li> </ul>
Backpack	<ul style="list-style-type: none"> <li>• (Compact model only)</li> </ul>
Visco/memory foam cushion	<ul style="list-style-type: none"> <li>• 5cms of memory foam provides a comfortable sitting surface (SitnStand for Wheelchairs model only)</li> </ul>

## ACCESSORIES

Replacement	<ul style="list-style-type: none"> <li>• Lithium Ion Battery (LSS403720)</li> <li>• Battery Charger (LSS403730)</li> </ul>
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## IDEAL USER CONDITIONS

The SitnStand Lift Assist devices would benefit users who:

- Find chair transfers difficult due to any number of reasons including:
  - Reduced strength
  - Lower limb weakness
  - Joint pain or stiffness (e.g. Arthritis)
  - Back or leg pain
  - Neuromuscular conditions (Parkinson's disease; MND; MS; Muscular Dystrophy; post-CVA)
  - Fatigue or other limiting issues
- Have reduced balance or control when lowering to sit due to lower limb weakness or reduced motor control
- Have fluctuating abilities during the day and require a lift aid for times that they require assistance
- Have difficulty standing independently but once standing, are able to walk with or without a mobility aid
- Live alone and struggle with chair transfers, assisting with "aging in place" or continuing to live independently
- Use a recline and lift chair to assist them to stand/sit within one area of the home and require a portable option when accessing other areas of the home; when visiting family or friends; accessing the community, or when travelling
- Can walk short distances within the home or community but use a wheelchair due to lower limb weakness, reduced balance or reduced endurance (SitnStand for wheelchairs model)
- Are reconditioning after illness, surgery or injury, enabling return to standing from graduated seat heights and controlled sitting from a standing position
- Require raising to an optimal height to enable muscles to engage to support standing and balance before walking
- Caregivers who assist a person to stand from a chair or wheelchair, to reduce the manual handling load and injury risk for the carer



## SAFE USE CONSIDERATIONS

### General:

- The user should be instructed on safe use for transfers i.e.
  - Sit upright to disengage their back from the back surface of the chair and ensure feet remain flat on the floor as the cushion is inflated
  - Inflate 1 level at a time until the optimal height for transfers is reached
  - Use armrests for support if required
- The cushion may be left inflated to promote controlled sitting when the user returns to sitting
- For clients with cognitive impairment, the SitnStand Lift Assist devices should be used with a caregiver
- Care should be taken to avoid the risk of entrapment or injury if inflating the cushion when the person is seated under a table or other overhanging surface. When inflated, the cushion can support the user's weight for an extended period, which may be useful when sitting at a higher table. It is also important to consider the support provided by the inflated/partially inflated cushion and whether it is suitable for the user's requirements.
- DO NOT use the SitnStand devices in a car/vehicle. They have not been tested or approved for this use.
- The SitnStand Compact has been designed to assist with scooter transfers. For safety, the cushion should not be used in an inflated position whilst the scooter is in use.

### SitnStand for Wheelchairs:

- The 5cm memory foam cushion provides a comfortable support surface for sitting, for users who are able to self-manage pressure care through postural change, when sitting for an extended duration
- The user should be instructed on safe use for transfers i.e.
  - Apply brakes to the wheelchair
  - Flip up or swing away the footplates and place feet flat on the floor
  - Sit upright to disengage their back from the back surface of the wheelchair and ensure feet remain flat on the floor as the cushion is inflated
  - When inflated to the appropriate height for safe transfers, use the armrests for support into standing
- Ensure that the cushion is fully deflated before wheeling the person in the wheelchair

## CLIENT OUTCOMES

### Increased safety and independence and reduced falls risk:

- The SitnStand Lift Assist devices improve ease and safety of chair/wheelchair transfers for users with pain, joint stiffness, reduced strength or motor control, which makes it difficult or painful to stand safely or independently
- The user is able to control their sit-to-stand transfers by inflating the cushion to an optimal height for safe transfers, and their stand-to-sit transfers by deflating the raised cushion to support controlled sitting.
- Inflating the cushion to an optimal height may assist muscles to engage to enable standing and balance before walking

### Improved occupational engagement in daily activities:

- The SitnStand Lift Assist devices enable a person to stand more easily, promoting mobility and easier access to daily activities that could otherwise be daunting due to the effort required to stand
- For clients living alone, the SitnStand assists the user to safely stand to complete essential and desired activities of daily living assisting them with "aging in place" or to remain living independently

### Manual handling support for carers:

- Enabling the user to stand and sit independently reduces the need for the carer to physically assist with transfers, and reduces the associated injury risks to themselves or the person they care for
- For users with cognitive impairment, the carer is able to instruct the user and control the transfers

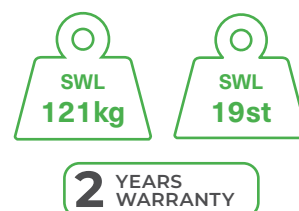
### Improved health and wellbeing:

- Reducing pain or difficulty associated with standing will promote independence and occupational engagement that can reduce frustration and the feeling of dependency
- Improved independence and control can have positive impacts on health and wellbeing

## SPECIFICATIONS

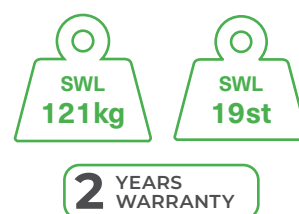
### Classic:

Seat Deflated	Seat Inflated	Carrying Package	Product Weight
40 x 53 x 1 cm 16 x 21 x 0.4"	40 x 48 x 20 cm 16 x 19 x 8"	42 x 54 x 14 cm 16.5 x 21 x 5.4"	4kg 8.8lbs



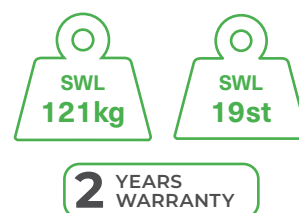
### Wheelchair:

Suitable Wheelchairs (W x D)	Seat Footprint (Deflated)	Seat Footprint (Inflated)	Product Weight
43 – 53.5 x 43 – 48.5 cm 16.9 – 21 x 16.9 – 19"	40 x 53 x 5 cm 16 x 21 x 2"	40 x 48 x 20 cm 16 x 19 x 8"	3.2kg 7lbs



### Compact:

Seat Footprint (Deflated)	Seat Footprint (Inflated)	Carrying Package Dimensions	Product Weight
40 x 53 x 1 cm 16 x 21 x 0.4"	40 x 48 x 20 cm 16 x 19 x 8"	43 x 28 x 15 cm 17 x 11 x 6"	3kg 6.6lbs



## COMPLIANCE

Compliance with Medical Device Regulation (EU) 2017/745

Compliance with Medical Device Directive (EU) 93/42/EEC

## MAINTENANCE

### To maintain the SitnStand Lift Assist devices:

- Protect the SitnStand devices from dust or dirt
- Use a soft dry brush to clean the fabric surfaces
- The cloth jacket of the SitnStand Classic model may be removed and washed; return after the jacket is completely dry
- Do not iron the cloth jacket
- Use a damp cloth to clean the plastic surfaces
- Do not use solvents or detergents to clean any part
- Do not allow liquids near the system openings
- Keep dry

## AIDACARE KNOWLEDGE HUB

### Aidacare Website:

#### Classic:

- [SitnStand Lift Assist - Classic | Aidacare](#)

#### Wheelchairs:

- [SitnStand: Elevate Your Life Anywhere with Easy-to-Fit Wheelchair Assist Device | Aidacare](#)

#### Compact:

- [SitnStand Lift Assist - Compact | Aidacare](#)

### PDF Resources:

- [SitnStand Brochure](#)

### Aidacare User Manual:

#### Classic:

- [SitnStand-Classic-Lift-Assist-User-Manual.pdf](#)

#### Wheelchairs:

- [SitnStand-Wheelchair-Lift-Assist-Wheelchair-User-Manual.pdf](#)

#### Compact:

- [SitnStand-Compact-Lift-Assist-User-Manual.pdf](#)

### Video Library:

#### General:

- [What is SitnStand](#)
- [SitnStand The everywhere chair](#)

#### Classic:

- [Phillip's story \(Living with Inclusion Body Myositis\)](#)

#### Wheelchair:

- [Sheryl's story \(Living with effects of Polio\)](#)

#### Compact:

- [SitnStand Compact for Travel](#)
- [Placing on a chair](#)
- [How to Fold & Pack](#)
- [Bethany's story \(Living with CMT\)](#)