

# The latest OT products reviewed for you every month

## The Harlem Porter Chair

### Price available on request

The Harlem Porter chair is a highly-engineered chair designed to be robust enough to absorb uncontrolled movements. It has been designed to offer a versatile solution for patients with Huntington's and Kate Sheehan, one of the UK's leading independent OTs oversaw trials at Rapkyns Care Home with Mike Wooldridge. Available in small, medium and large, the Harlem Porter has a maximum user weight of 20 stone. Standard features include an independent back rest recline with a range of angles and seat angle adjustment to reduce the risk of a patient falling out due to severe involuntary movements. There is also a deep padded seat area for additional safety and comfort, a choice of six interchangeable back styles facilitating different pressure management and posture solutions and four different seat cushion options to accommodate different comfort and pressure management solutions. Further safety features include high arms and a sliding padded footplate for ease of patient movement.

0844 7766001  
info@reposefurniture.co.uk  
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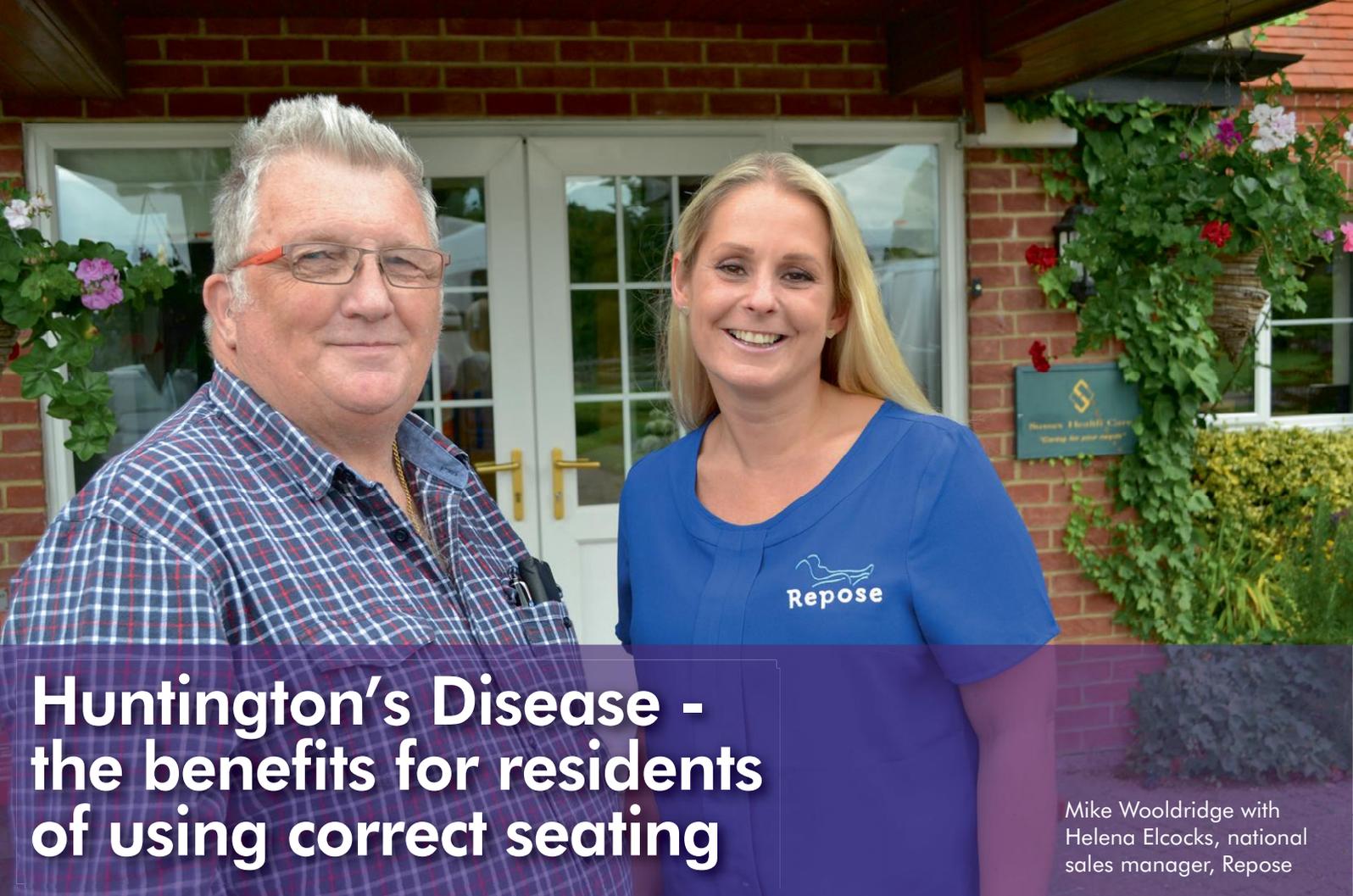
## CareCo Glider

### Price: £59.99

A rollator is the perfect solution for those who need assistance to leave the house and get around. The professionally-designed Glider incorporates excellent features to offer high levels of support and comfort. The Glider has easy-grip ergonomic handles and arthritic-friendly loop cable brakes for extra security when stopping. Other features include a neat storage bag plus a folding mechanism that is quick and easy to use and folds the Glider down to a fraction of its size for storage or transport.

Careco | 0800 111 4774  
www.careco.co.uk





# Huntington's Disease - the benefits for residents of using correct seating

Mike Wooldridge with Helena Elcocks, national sales manager, Repose

Huntington's Disease was first written about by George Huntington, a practicing GP working in New England in 1872. Originally a European disease, it was spread around the world by European sailors and travellers.

As with many diseases, people working with those living with Huntington's are always looking for new developments of equipment which will help their patients and increase their levels of comfort and dignity. One such solution is the Harlem Porter chair from Repose Furniture which has been developed in conjunction with Mike Wooldridge, who is one of the UK's leading experts in caring for people with the disease and Kate Sheehan, Repose's resident OT.

Mike has been working with people with Huntington's disease for over 30 years and has seen many changes in the way people are cared for.

## Importance of correct seating

"I started working in large mental institutions in 1969 and healthcare

wasn't like it is today," he said. In the mid-70s people started looking at solutions that might help people with Huntington's and one of the first things they looked at was seating. People with Huntington's have strong involuntary movements and a suitable robust chair was required which would stop them sliding down or falling out."

The disease is a genetic condition with people carrying the gene having a 50% chance of passing it onto their children. A brief review of the number of patients cared for by the Huntington Disease Association in the UK indicated that approximately 6,700 individuals are currently living with HD. This means that one out of every 8,065 individuals may be affected.

Mike has seen various developments in seating over the years and believes that the Harlem Porter chair is one of the best seating solutions he has seen. He is currently working with several service users who now use a Harlem.

"We have a lady in her forties in Horncastle who has been using a

Harlem for several months. Prior to getting her new chair, she had to spend all her time in a wheelchair which was not bespoke and therefore did not meet her specific requirements. We knew she needed an alternative seating solution and having worked with Repose I knew the Harlem would be perfect and had no reservations in recommending it to her and her family. They wanted to know that what we were suggesting would make a difference and without a doubt the chair has had a huge impact and has been a great benefit as she can now sit in a comfortable position. She is happier in herself and this makes it easier to care for her and also means she is more willing to interact as she feels settled and content".

## What could more traditional homes do to help people with Huntington's Disease?

"I think the important thing is for those of us who have experience of supporting people with Huntington's to share our knowledge," he said. "That way, hopefully our colleagues who are

running care homes can ensure they are providing their service users with the same level of quality care that we are delivering.

“The big problem is if people are not aware of the products available then they cannot recommend them for their service users. I would also urge people to contact the Huntington’s Disease Association as they can offer fantastic advice and support for people not used to working with the condition.”

### **What should be taken into consideration when designing furniture for someone with Huntington’s Disease?**

“The involuntary movements associated with Huntington’s can be extremely powerful despite the patient appearing frail, and their constant

movement puts a huge amount of pressure and wear and tear on all parts of the chair. There are also issues with pressure sores from force and friction.

“The constant movement back and forth and repositioning means that someone with Huntington’s may require up to 5000 calories a day just to maintain body weight due to the constant movements and weight loss can be significant which puts the client at greater risk of pressure related issues.

“It is extremely important to provide people with Huntington’s with the correct level of support around the head, neck and body to prevent them getting into positions which do not provide good postural support.

“There are also issues regarding manual handling as when they stand

up they will not necessarily follow exact instructions due to their involuntary movements. All these concerns were taken into consideration during the design of the Harlem. For example, reinforcing the footrest to ensure it could withstand somebody standing on it without it moving.

“The original structure of the chair was also strengthened so when someone moves in an unusual way they would still receive the core support from the chair with their body shape maintaining a good position. Another factor we took into consideration was maintenance costs. People with Huntington’s put an incredible amount of stress on furniture. For example, if someone continually puts their leg over the arm of the chair it will eventually wear out the fabric, so we designed each part to be easily replaceable if required” concluded Mike.

Lisa Wardley, Repose’s managing director, commented: “I know from the feedback we have already received that people with Huntington’s and their carers are already benefitting from this when they try out the Harlem Porter chair for themselves.”

Available in small, medium and large, the Harlem Porter has a maximum user weight of 20 stone. Standard features include an independent back rest recline with a range of angles and seat angle adjustment to reduce the risk of a patient falling out.

There is also a deep padded seat area for additional safety and comfort, a choice of six interchangeable back styles facilitating different pressure management and posture solutions and four different seat cushion options to accommodate different comfort and pressure management requirements depending on the user. Further safety features include high arms and a sliding padded footplate for ease of patient movement.

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Helena Elcocks with Leti, a carer who works with service users that have benefitted from the chair

# The benefits of using correct seating for people living with Huntington's Disease

**Huntington's disease (HD) was first written about by George Huntington, a practicing GP working in New England in 1872. Originally a European disease, it was spread around the world by European sailors and travellers. But how can appropriate seating help?**

It is a genetic disease with people carrying the gene having a 50% chance of passing it onto their children. A brief review of the number of patients cared for by the Huntington Disease Association in the UK indicated that approximately 6,700 individuals are currently living with HD. This means that 12.4 per 100,000 persons or one out of every 8,065 individuals may be affected by HD15, although these numbers at best provide a minimum prevalence estimate in the UK.

Mike Wooldridge's passion is working with people with HD and he has an enormous amount of knowledge in disease with over 30 years experience.

Mike is also a member of the European Huntington's Disease Network as he explains: "I started working in large mental institutions in 1969 and the first person I met with Huntington's was a woman in her 40s. "As I walked around the building and came to the room where she was the person showing me round said: 'pay no attention to her she's got Huntington's, there's no hope for her, she knows nothing about what's going on so don't trouble yourself. I was

new to nursing and I could not believe that a human being would have no understanding of what was going on. This experience made me want to explore the disease and find out what help and support could be provided to maximise the quality of life of patients with Huntington's.

Healthcare wasn't like it is today and

**"In the mid-70s people started looking at solutions that might help people with Huntington's and one of the first things they looked at were chairs..."**

we didn't have any equipment that supported people with different care needs.

In the mid-70s people started looking at solutions that might help people with Huntington's and one of the first things they looked at were chairs that would accommodate their individual needs. People with HD have strong involuntary movements and a suitable robust chair was needed that would stop them sliding down or falling out.

Hospitals in the 70s used to put them in what were called geriatric chairs which were big chairs that had a table on the front screwed into place, the idea being people would not fall out as the table would prevent this. However, they would just slide down under the table. You could also tilt the chairs back as another way of trying to keep them safe but that didn't deter them, if they were determined to get out, they would".

Over the intervening years, Mike has seen various new developments in seating solutions and has recently been working with specialist seating company Repose Furniture and its resident occupational therapist Kate Sheehan in the development of the Harlem Porter Chair which Mike believes to be one of the best seating solutions he has seen for people with Huntington's. "To have input from someone with Mike's knowledge and experience is invaluable to us as a manufacturer and I know our customers will benefit from this when they see the Harlem Porter chair for themselves" commented Lisa Wardley, Repose's managing director.

Kate Sheehan explains how she

worked with Repose and Mike and what should be considered when looking for suitable seating for someone living with HD:

"When I joined Repose, the initial design work on the Harlem had taken place. I reviewed it with Helena from Repose and suggested some alterations to ensure the chair's frame was structurally robust enough to take the involuntary movements associated with Huntington's and provide the necessary levels of support. A demo model was then taken to Mike at Rapkyns Care Home in Sussex to gather feedback from him and his staff with regards to how the patients found the chair in terms of comfort and practicality.

## What should be taken into consideration when designing furniture for someone with Huntington's Disease?

"The involuntary movements associated with HD can be extremely powerful despite the patient appearing frail, and their constant movement puts a huge amount of pressure and wear and tear on all parts of the chair. There are also issues with pressure sores from force and friction. The constant movement back and forth and repositioning means that someone with HD might need up to 5000 calories a day just to maintain body weight due to the constant movement to give you an idea of their strength and how much they are moving. Weight loss can be significant which puts the client at greater risk of pressure related issues.

It is extremely important to provide people with HD with the correct level of support around the head, neck and body to prevent them getting into positions which do not support good posture. There are also issues regarding manual handling as when they stand up they will not necessarily follow exact instructions due

to their involuntary movements. All these concerns were taken into consideration during the design of the Harlem. For example, reinforcing the footrest was to ensure it could withstand somebody standing on it without it moving. The original structure of the chair was also reinforced so when someone moves



Helena Greaves from Repose (left) with Mike Wooldridge (right)

in an unusual way they would still receive the core support from the chair with their body shape maintaining a good position. Another factor we took into consideration was maintenance costs. People with HD put an incredible amount of stress on furniture. For example, if someone continually puts their leg over the arm of the chair it will



eventually wear out the fabric, so we designed each part to be easily replaceable if required.

It is also important that carers can move the patient whilst they are still sitting in the chair from one room to another to enable them to engage in as many activities as possible, so the Harlem has been designed to be extremely manoeuvrable.

We also adjusted the seat width and depth to make it slightly longer with longer arms to accommodate movements, as people tend to slide forwards, so it was about allowing that movement without causing extra pressure on the body. It was very much a compromise between what you can achieve whilst still producing a chair that is aesthetically pleasing as HD is such a complex condition. There is nothing else like it on the market"

A final word from Mike: "I have worked with people with HD for over 30 years and I would certainly recommend the Harlem to people who are looking for a seating solution that meets the needs of someone living with the disease".

Available in small, medium and large, the Harlem Porter has a maximum user weight of 20 stone. Standard features include an independent back rest recline with a range of angles and seat angle adjustment to reduce the risk of a patient falling out due to severe involuntary movements. There is also a deep padded seat area for additional safety and comfort, a choice of six interchangeable back styles facilitating different pressure management and posture solutions and four different seat cushion options to accommodate different comfort and pressure management solutions. Further safety features include high arms and a sliding padded footplate for ease of patient movement.

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# WHAT'S [NEW

Every issue, TradePoint Magazine brings you the latest products to enter the independent living sector. Take a look through the following pages to find out what's new in the marketplace.

## REPOSE HARLEM PORTER CHAIR

The Harlem Porter chair which was launched by Repose Furniture at The OT Show has been designed to offer a versatile solution for patients with Huntington's. Kate Sheehan, one of the UK's leading independent occupational therapists oversaw trials of the Harlem Porter chair at Rapkyns Care Home with Mike Wooldridge. The Harlem Porter is a highly-engineered chair designed with safety and comfort in mind and robust enough to absorb uncontrolled movements.

As part of its ongoing commitment to offering occupational therapists the best possible seating solutions for their clients, Repose has developed a CPD training programme with Kate Sheehan which will be launched in early 2017. If you require further details email [keith@reposefurniture.co.uk](mailto:keith@reposefurniture.co.uk).

**For more information on the range of bespoke adjustable furniture and training available from Repose or to find your nearest retailer call 0844 7766001, email [info@reposefurniture.co.uk](mailto:info@reposefurniture.co.uk) or visit [www.reposefurniture.co.uk](http://www.reposefurniture.co.uk).**



## FEATURES

Available in three sizes, small, medium and large the Harlem Porter has a maximum user weight of twenty stone. Standard features include:

- Independent Back Rest recline with range of angles.
- Seat Angle Adjustment to reduce the risk of a patient falling out due to severe involuntary movements.
- Padded seat for additional safety and comfort with a specifically chosen cushion material that reduces friction and shear caused during excessive movement.
- A choice of six interchangeable back styles facilitating different pressure management and posture solutions to meet the demands of long term and changing needs.
- Four different seat cushion options to accommodate different comfort and pressure management solutions.
- High arms designed to provide a feeling of safety and security.
- Sliding and padded footplate for ease of patient movement with central castor for additional safety.
- Leg block support for additional comfort and support options.
- Drings as standard for fitting of a padded seat belt.
- Four heavy duty lockable castors.
- A range of specialist health fabrics to choose from.

## Simple Stuff Works helps children in Bangalore

Simple Stuff Works recently donated equipment to The Unit of Hope in Bangalore. The Unit of Hope was set up in 2004 to provide comprehensive, multidisciplinary care for children with special needs, providing subsidised care for those who cannot afford it or do not have access to it.

Julie Hudson, a children's physiotherapist for South West Yorkshire partnership NHS Trust recently returned from Bangalore where she was working with The Unit of Hope and saw the benefits of the donated equipment for herself as she explained. "The donation of postural management equipment was really appreciated by The Unit of Hope. It enabled us to demonstrate and teach postural management to professionals, carers and families of children with complex needs. Although we are aware that such equipment cannot be sourced in the region that we were working in, it provided parents and staff with valuable information about what is required to help to support the children. One thing we really learnt from our visit

is how resourceful everyone was and how they would go away and adapt or produce similar items from more readily available materials".

"I am delighted to see what a difference our donation has made to the children, parents and staff at The Unit of Hope. Here at Simple Stuff Works we pride ourselves on supporting charitable organisations when possible and hearing such positive feedback from Julie and seeing the pictures of the children using our equipment is brilliant" commented CEO Sarah Clayton.

Simple Stuff Works is an award-winning organisation. The therapeutic positioning system won the British Healthcare Trade Association Independent Living Design Award in 2011 for its simplicity and ease of use. In the last 12 months Simple Stuff Works has gone on to win the British Healthcare Trades Association Best Established Product Award in 2015, the Tamworth Business Awards 2015 for Manufacturer of the Year and was a finalist in the Staffordshire Chambers and Commerce Business Awards 2016 in the



International Trade category, a huge honour as the final winner was the Staffordshire ceramics giant Portmerion.

For more information on the full range of therapeutic positioning solutions and training available from Simple Stuff Works call 01827 307 870, email [admin@simplestuffworks.co.uk](mailto:admin@simplestuffworks.co.uk) or visit [www.simplestuffworks.co.uk](http://www.simplestuffworks.co.uk)

## Repose Furniture launches the Harlem Porter Chair

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