

Specialist Disability Service

# Posture Management

Information for patients and carers



You have been referred to the Specialist Disability Service. This information leaflet tells you what to bring with you to the appointment, what you can expect to happen during the appointment, and what will happen afterwards.

Your appointment letter will tell you whether we need you to come to the Oxford Centre for Enablement, or if the team will be coming to you.

## What do I need to have available at the appointment?

Please make sure you have the correct wheelchair and/or equipment for your assessment. If you usually transfer with a hoist you will need your hoist sling.

If you normally need assistance with personal care or practical tasks, you will need to have somebody with you at the appointment.

## What will happen during the appointment?

The additional appointment information leaflet (enclosed) gives the reason for your visit. It should also tell you how long the appointment is likely to take.

The rest of this leaflet outlines what will happen in each specific type of appointment. We will explain in more detail what will happen when you arrive and you will be able to ask questions at any time.

## Initial assessments for wheelchair seating, static seating (e.g. armchair or classroom chair), bed positioning or bespoke shower chairs/commodes

We will start by asking lots of questions, which will include:

- current problems you have when sitting or lying down
- activities you carry out in your current equipment
- a variety of background information, such as how you get in and out of the chair.

We will then carry out a **physical assessment**. This starts with us describing how you are sitting and/or lying. We will then see how much your legs can move. This part of the assessment will take place on a physiotherapy plinth if you are at the centre, or on your bed if we are at your home.

A clinician will move your legs around, but not past the point of discomfort. We may need to remove any bulky layers of clothing you are wearing, such as jumpers or coats, to help us with this part of the assessment. You will not need to undress, but we may ask to look at the shape of your back with your top rolled up.



For a **bed positioning assessment** we will look at all the information we have gathered and aim to support you with positioning aids. These aids may include towels or pillows, or more specialist cushions or supports, which are placed in specific positions.

With your consent, we will take photographs and send you an illustrated positioning guide after the appointment. This will help you or your carers place the aids in the right positions.

## What happens after the initial assessment?

If we make recommendations for static seating (e.g. armchair or classroom chair), or specialist bed positioning equipment, you may need further appointments to trial this equipment before a decision is made regarding the suitability of the equipment.

If we recommend custom contoured seating for a wheelchair, shower chair or commode, we will make two or three further appointments to cast, trial or adjust ('fit') and then issue the equipment. You should bring the same equipment to these appointments that you brought for the initial assessment, as well as any hoisting sling you might need. You will be able to leave the final appointment with your new seating system, fitted to a new or existing wheelchair or other seating base.

Please note that the service does not hold a budget for equipment. Funding may be available from statutory or charitable bodies who we may approach on your behalf.



## How to contact us

### **Specialist Disability Service**

**Tel:** 01865 227 447

(8.00am to 4.00pm, Monday to Friday)

**Email:** [specialist.disabilityservice@nhs.net](mailto:specialist.disabilityservice@nhs.net)

**Website:**

[www.ouh.nhs.uk/oce/services/specialist-disability-service.aspx/](http://www.ouh.nhs.uk/oce/services/specialist-disability-service.aspx/)

**Address:**

Specialist Disability Service (SDS)

Oxford Centre for Enablement

Windmill Road

Oxford

Oxfordshire

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If you have a specific requirement, need an interpreter, a document in Easy Read, another language, large print, Braille or audio version, please call **01865 221 473** or email **[PALS@ouh.nhs.uk](mailto:PALS@ouh.nhs.uk)**

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