

# WHY DINING CHAIRS ARE **OUTDATED** AND **FAIL** TODAY'S SENIORS



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. "I just didn't expect meal times to be so difficult," is muttered by seniors waiting to receive assistance from their spouse or family member.

## ***Simply stated...***

Today's dining chairs are outdated because

- they are not designed to MOVE
- they do not reduce the physical demands of the caregiver

**As a result, caregivers (the person behind the chair) experience fatigue and risk personal injury each time they provide 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.

## ***Today...***

***Dining Chairs designed to swivel...turn....roll...and brake for safety:***



***Turns...Rolls...  
Brakes for safety.***

- ✓ Prevent injuries to caregivers and family members
- ✓ Eliminate the need to push / pull / shove / twist when moving a seated person up-to the table
- ✓ Reduce stress and anxiety for both the seated person and the caregiver
- ✓ Create a more enjoyable mealtime routine!

# 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



<b>CAREGIVER</b>	<b>CAREGIVER</b>	<b>CAREGIVER</b>
POSITIONS CHAIR	ASSISTS IN GETTING SEATED	PUSHES - SHOVS - TWISTS TO MOVE SEATED PERSON FORWARD



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




REQUIRES A CAREGIVER'S ASSISTANCE **EVERY TIME**  
SOMEONE GETS SEATED AT THE TABLE

# 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.

*Specialized  
Seating  
for  
Seniors*



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