

Parkinson's, Caregivers, and Mealtime:

Dining chairs that swivel...turn...roll...prevent falls, reduce injuries, and increase dignity and self-worth

Caring for a **loved one living with Parkinson's** can be a daunting challenge for both family members and caregivers. Mealtimes can be especially challenging for persons living with Parkinson's, as they are at **risk of falling** due to the neurological disorder which causes uncontrolled movements including shaking, stiffness and difficulty with balance and coordination.

Caregivers, experience **increased levels of stress and anxiety** when monitoring a loved one's actions. Any attempt by their loved one to get seated without their support could result in a fall or injury.

A. Preventing Falls at Mealtime



While the process of being seated at the table is routine for many of us, the process of a person with Parkinson's getting seated at the table has two (2) distinct challenges which need to

be fully understood by the caregivers.

Step 1: Getting seated safely in a chair

It is not uncommon for a person with Parkinson's to bump into furniture while attempting to get seated in a chair. This can have disastrous results, as any unintended contact with the chair can cause it to move unexpectedly, often resulting in a fall or injury.

Unfortunately, traditional chairs fail both seniors and caregivers



as a **standard dining chair** is not designed to move, putting the caregiver at risk of incurring a personal injury as a result of overexertion,

while...



the **office/task chair** is designed to roll too easily (not stable) putting the seated person at risk of incurring an injury due to a fall when the chair moves unexpectedly.

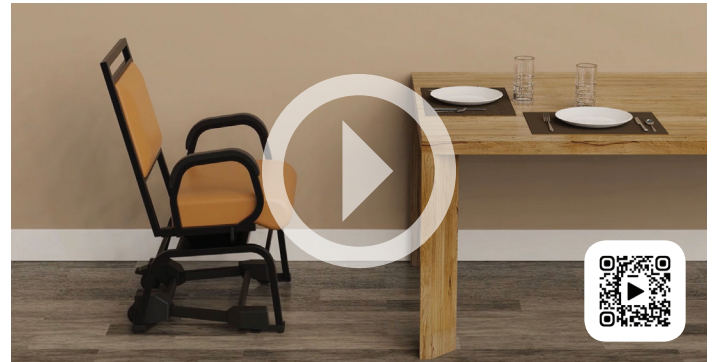
Step 2: Once seated, getting moved safely up-to and away-from the table

The physical demands required of the spouse/caregiver to move a seated person up to the table can be exhausting. Any activity which involves pushing-pulling-shoving-twisting when assisting a seated person increases the caregiver's risk of incurring an injury/fall.

B. Reducing Injuries and Increasing Dignity at Mealtime

Dining chairs designed to address these concerns should have ARMS and include mobility features enabling the chair to SWIVEL-LOCK...TURN...ROLL...and BRAKE for safety!

Chairs that **swivel** and **lock** eliminate table interference as the seat of the chair is swiveled 90 degrees away from the table.



Watch Video: <https://vimeo.com/707095958>

With the seat locked in place, the person being seated is able to rely on the arms of the chair for support and has full access to the seat of the chair as any interference with the table has been eliminated. Once seated, they can release the swivel-lock and swivel themselves towards the table.

Additionally, chairs that SWIVEL-LOCK...ROLL...and BRAKE can be moved further away from the table providing increased table clearance should a second caregiver be required to provide assistance or if the person relies on a walker/rollator for stability.

Chairs that TURN...ROLL...and BRAKE for safety offer another unique option for caregivers as the undercarriage attached to the base of the chair enables the caregiver to move the chair to the location where the person requiring assistance is standing. In this position with the brakes applied, the person can be seated into the chair and then moved up-to the dining table with ease and grace.



Exiting the table: With the seat of the chair turned (90 degrees) away from the table, the seated person is also able to rise from the chair and walk directly away from the table.

This eliminates the need for the person to lean on the table and shuffle/pivot his/her feet as they reach for their walker.

Chairs that **SWIVEL...TURN...ROLL...**and BRAKE for safety:

- provide those with Parkinson's a greater degree of dignity and self-worth
- eliminate the need for care partners to push-pull-shove-twist on a chair
- reduce mealtime stress and anxiety for both the seated person and the care partner
- create a more enjoyable mealtime routine for all

Chairs that Swivel...Turn...Roll eliminate table interference...



Traditional Seating



SEAT: Swivels
Locks - 90°



SEAT: Swivels
Locks - 90° **CHAIR:** Rolls (Inline)
Brakes

