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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Best Practices For Wheelchair Safety And Selection**

**By Rosie Fletcher**

There are many things to consider before you purchase a wheelchair. Regardless of whether you want a manual or powered chair, consider the following:

1. Folding or rigid frames?

On manual chairs, folding frames are the usual conventional type having an X brace in the center allowing the frame to be folded sideways. Folding is simple, but a chair of this type tends to be bulky as well as quite heavy. New versions of lighter materials are now available, but regardless of this point because folding frames involve many parts, it is heavy compared to a rigid frame. Rigid frame joints are welded and a lightweight aluminum material is used, enabling one to transfer the wheelchair into the car without help.

2. It's all about comfort: get the footrest angled perfectly

An angle footrest is measured from the horizontal or is regarded from the side, whereas tapered footrests are regarded from the front, and joins both feet at the bottom, providing more clearance when turning. However, if you have limited hip and knee joint flexibility, this can be uncomfortable.

3. Don't overlook the handrim

Note that the overall diameter of a handrim will affect its propulsion. This means that having a large diameter climbs will be easier and with a diameter that is much smaller, it brings about a lot of speed on a flat surface.

4. It's all about the wheels

While spoked wheels are lighter, they require extra maintenance with continued use. Composite wheels on the other hand usually wear out at the bearing escalations. Then, the zero camber gives a slender wheelchair measurement. When the camber is increased, the measurement at the wheel's bottom is also increased and the measurement at the top is decreased, providing steadiness and

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turning can be done with ease.

### 5. Wheel locks

These are of two types namely the under-seat and the side mounted. The side mounted type provides easy operation, though one has to be careful when pushing as thumbs can easily be caught in the wheel lock. Whereas the under-seat type can pass up to this problem, it is much difficult to use since it calls for reaching under the seat.

### 6. Front and back balance

Check the balance well – as if the rear wheels are very much far forward to the frame, the user can tip backwards. Also, the chair will be hard to push if the wheels are put too far backwards.

Wheelchair safety measures:

– Always make sure that your wheelchair is in good condition all the time. – When using a power wheelchair, be certain to turn the power off when leaving it at a slope or inclined place. – When pushing a patient, inform her first before you move the wheelchair. – When not moving, use brakes. – Do not attempt to go up or to go down on steep slopes. – When pushing a patient on a manual wheelchair, be sure that your speed should not exceed that of brisk walking. – When transferring a patient to a wheelchair, be sure to raise the footplates before doing so. Then lower the footplates after and place the patient's feet onto the footplates. – Avoid passing through grassy or pebbled plains. – When crossing the street, be sure to stop, look and listen.

Safety on power wheelchairs:

– Choose a type with mechanical brakes that can be released or set by the user. – For outdoor use, a power wheelchair must have power large wheels at the front and never free swinging casters. – For the user with an impaired hand or arm, install an orthotic elbow or arm support so as to aid the hand when operating the controls. – Shut off breaking sensors can detect when a wheelchair is moving out of control and quickly shut off the power. – Mechanical brakes can be set by the user with normal hand functions. – Check the batteries before you go out that they are fully charged, every time. – Always keep a cell phone handy. You'll never know emergencies might happen. – A power wheelchair has many of the same parts as a car. Have it checked by a professional every three months for safety, and check it daily yourself.

Are you at risk?

1. Paraplegics Fit & active individuals are on the average the safest users of a manual, power-assisted, and fully powered wheelchair. They are at very low risk.

2. Amputees Individuals with missing arms or legs, having active upper bodies are generally safe power wheelchair users. Although it depends on the type of control device that is used, but when used and executed properly, they are at low risk.

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3. People having weak upper bodies like people with Cerebral Palsy, Multiple Sclerosis, Parkinson Disease, and many other conditions A standard joystick is used to maneuver power wheelchairs. These disorders cause slowed reflexes, impaired eyesight, or impaired judgment. All must be carefully screened for their functional insufficiency. They are at moderate risk.
4. Individuals with little or no upper body movement Individuals who uses a mouth a puff & sip breathe control, mouth joystick, or gyroscopic (inertial) wheelchair controls. They are at high risk.
5. Paralyzed individuals and children. Children as well as very small adults that are using special seats need a power wheelchair, mostly with significantly paralyzed bodies. Depending on the mechanical operation, the individual's ailment, and personalized progress and safety instruction, these individuals are at high risk.

For more great wheelchair related articles and resources check out

<http://wheelchair.goldenhq.com>

### **The Truth About Disneyland And Disabilities**

**By Chris Elliott**

Today, even disabled people can enjoy the wonder of Disneyland! If you are on crutches, you should ponder renting a Disneyland Scooter to get about the estate. The lease fee is \$35 per day, with a \$20 deposit. A valid driver's license is important, and you should be eighteen years old or older.

You can also choose to lease a wheelchair, which is not electronic. The rental fee for a wheelchair is \$8 per day, with a \$20 deposit. You do not need to lease your wheelchair or Scooter from Disneyland. You can choose to rent the apparatus from an undisclosed company, and have the wheelchair or scooter delivered to your hotel room. You may discover that it is cheaper to rent from a private company, as contrary to renting from Disneyland.

Cast members and assistance personnel will be happy to help with Visitor wheelchair transfers, and if you should part with a wheelchair or scooter that you've rented from Disneyland, wholly demonstrate the ticket for the wheelchair or scooter, and Disneyland will happily supply you with another one. Even so, if you lose a wheelchair or scooter that was rented from an outsidecompany, Disneyland will not be capable to help you replace it, and you may have to pay the rental company the full price of the chair. This is something to consider when you are attempting to decide whether to rent from Disneyland or a private company.

All of the restaurants and shops are wheelchair reachable, as are the entertainment areas. When it comes to wheelchairs, your problem will be accessing some of the rides. Various rides are not suitable for individuals who are in wheelchairs, while others are perfectly apt. For example, you will not be able to appreciate Donald's Boat, Sailing Ship, or Tarzan's Tree house.

However, there are innumerable attractions that you can appreciate, such as The Disney Gallery,

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Disneyland Monorail, the Disneyland Railroad, the Tiki Room, The Gold Horseshoe, It's A Small World, Mark Twain Riverboat, and Tom Sawyer Island. Some attractions will require you to be transferred from your wheelchair, such as Alice in Wonderland, Indiana Jones, and the King Arthur Carrousel.

Whether or not you can enjoy a ride in your wheelchair, or you must be transferred from your wheelchair to the ride, you can in actuality enjoy most of the rides at Disneyland. Do not allow the fact that you can't walk about the park keep you from planning a Disneyland Vacation. Now there is no more excuse not to go have fun at Disneyland!

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