Equipment to help you get up from the floor

Equipment for a helper to use – to get you to a sitting position

The helper will need to bring this equipment to you. It must never be used with an unconscious person.

It is important that you trial the equipment first to see if it works for you. Note that this equipment may not be suitable if you need a riser mechanism to help you get to your feet (i.e. if you have difficulties with sit to stand), as it may not raise you high enough. Alternatively it may help you rise to a suitable height to transfer (preferably “downhill”) to a wheelchair that has an elevating seat, or to a standard wheelchair used to move to another powered elevating surface within the house.

- **Mangar ELK.**
  A large sturdy inflatable cushion, approximately 500mm square. Once you are sitting on it on the floor, helper presses button to bring you up to sitting position. There is no backrest or armrests, so you need to have good sitting balance. When deflated it is virtually flat on the floor, so is easier to get on to than the Mangar Booster. Suitable for indoor or outdoor use. Runs off a compressor - battery is mains charged.
  Needs at least one competent helper. Lifts to maximum height of 22”/565mm. Maximum user weight is 450kg/70 stone.

- **Marcon AirLift**
  This is also a large sturdy “wobble-free” inflatable cushion; once the fallen person is sitting on it, then the helper inflates it to bring you to the required height. It is recommended that your helper positions you on your side on the floor and then rolls you over onto your back so that you are lying on the deflated unit. (The seat part is only 12mm / ½” thick when deflated). There is a rear section, which the helper can then raise, to get you from lying on your back on the floor, to a position where you are sitting up on the floor. The rear section is then removed, and you or your helper presses a button to bring you up to the required sitting height. Your helper can operate this by foot too. Because there is no actual backrest you will need to have good sitting balance and the helper may choose to steady you by holding your shoulders as you rise up, although the top part of the unit does have an inflatable rim around it.

  The AirLift requires the assistance of one competent helper, and is mains operated. It raises the user up to a maximum height of 560mm / 23½”. Max user weight is 127kg/20 stone. It is important that you try the product out first, to see if you can tolerate it.

- **Homecraft / Cane & Able Elevator Recovery System**
  This consists of a “seat” with head support, on a rising frame. With the fallen person (the user) lying on their side, the seat is positioned behind them & they are strapped to it. An inflatable neck collar is also provided. The helper then turns the user onto their back. Helper then presses button to raise the user from the ground, up to a sitting position (seat height approx 20”). It runs on a rechargeable battery. Removable wheels for transporting unit about - like pulling a shopping trolley. As you are required to adopt certain postures/positions to use the Elevator system, it is **strongly recommended** that you view and then try this equipment out first, to see if you can tolerate it.
If you are unable to stand or take any weight then a hoist will be required

- Mobile hoist
  But this may not reach to floor. Sling extension straps may help (eg available from Moving Solutions). Alternatively, if your helper puts a tipped up chair behind your back, and assists you to sit up against it on the floor, you may then be in a position where the hoist can be used. The hoist's spreader bar may hit you in face – you will need to try and see if it is a problem with your hoist. Again leaning up against a chair may help.

- Ceiling track hoist
  This should reach down to the floor (check this out in advance) – if not sling extension straps might help. Again check whether your head might hit the spreader bar.
  If you have not fallen directly underneath the track of the hoist, how will your helper get you there? Possibly - roll you onto a slide sheet. It would be sensible to practise this beforehand.

If in any doubt or pain, or if your helper cannot manage
- Do not struggle, but phone for an ambulance

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