



# CLINICAL ASSISTANCE GUIDE

SITNSTAND LIFT ASSIST – CLASSIC

# SitNStand Lift Assist – Classic

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The **SitNStand Classic** is a powered inflatable cushion, designed to assist the user to sit and stand more safely and independently from their household chairs. It has a long cloth back flap with mouldable sides, that can be draped over any high or low back chair, and contoured slightly to suit the user.

The cushion deflates to a height of 1cm, therefore not impacting on the ergonomic benefits of the support surface. In-built safety features ensure stability and security during lifting and lowering and an attached, intuitive hand control, with up and down arrows, make it easy for the user, or carer, to operate the device.

Lightweight, portable and quick and easy to set up, the SitNStand Classic is the perfect transfer aid to promote independence within the home, for patio furniture, when visiting with family and friends, or when out and about.



## FEATURES

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Sturdy Construction	<ul style="list-style-type: none"><li>• Built with durable materials for long-lasting performance and stability</li></ul>
Smooth Operation with intuitive hand control	<ul style="list-style-type: none"><li>• The inflatable air bladder provides smooth and effortless transitions from sitting to standing with the simple push of a button (push and hold of the button is not required)</li><li>• An inflation unit provides 4 levels of inflation/deflation to achieve the optimal height to assist transfers</li><li>• Attached hand control with intuitive up/down arrows</li></ul>
Simple Installation	<ul style="list-style-type: none"><li>• Easy to install without the need for any tools or professional assistance</li></ul>
Compact Size	<ul style="list-style-type: none"><li>• Its compact size allows for portability and easy placement in various areas of your home, maximising convenience</li></ul>
Washable Seat Cover	<ul style="list-style-type: none"><li>• Easy to remove seat cover</li></ul>
Rechargeable Li-Ion battery	<ul style="list-style-type: none"><li>• Easily removed and charged</li><li>• Charge lasts for 4 – 7 days</li><li>• Orange light on the hand control indicates when the battery needs to be charged</li><li>• Supplied with a wall battery charger with a 1 metre cable</li></ul>

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## ACCESSORIES

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Replacement	<ul style="list-style-type: none"><li>• Lithium Ion Battery (LSS403720)</li><li>• Battery Charger (LSS403730)</li></ul>
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## IDEAL USER CONDITIONS

The SitNStand Classic would benefit users who:

- Find chair transfers difficult due to any number of reasons including:
  - Reduced strength
  - Lower limb weakness
  - Joint stiffness
  - Back or leg pain
  - Neuromuscular conditions
  - Fatigue or other limiting issues
- Have reduced balance or control when lowering to sit due to lower limb weakness or reduced motor control
- Have fluctuating abilities during the day and require the inflation cushion for times that they require increased assistance, or to reduce the manual handling load for the carer
- Have difficulty standing independently but once standing, are able to mobilise around their home
- Live alone and struggle with chair transfers
- May use a recline and lift chair to assist them to stand/sit within one area of the home and require a portable option when accessing other areas of the home; when visiting family or friends, or when travelling
- Are reconditioning after illness, surgery or injury, enabling return to standing from graduated seat heights and controlled sitting from a standing position

**Considerations:**

- The user should be instructed on safe use for transfers i.e.
  - To ensure feet remain flat on the floor, lean forward as the cushion is inflated
  - Inflate 1 layer at a time until the optimal transfer height is reached
  - Use chair armrests for support if required
- Leave the cushion inflated to promote controlled sitting when the user returns to sitting
- For clients with cognitive impairment, the SitNStand Classic should be used with a caregiver
- The cushion should not be inflated when the person is seated under a table or other overhanging surface
- The cushion should not be used in a vehicle

## CLIENT OUTCOMES

**Increased safety and independence and reduced falls risk:**

- The SitNStand Classic improves ease and safety of chair transfers for users with pain, joint stiffness, reduced strength or motor control, which makes it difficult or painful to stand safely or independently
- The user is able to control their sit-to-stand or stand-to-sit transfers by inflating the cushion to an optimal height for safe transfers
- Inflating the cushion to an optimal height may assist muscles to engage to enable standing and balance before walking
- For clients living alone, the SitNStand Classic assists the user to safely stand to complete essential and desired activities of daily living

**Improved occupational engagement in daily activities:**

- The SitNStand Classic enables a person to stand more easily, promoting mobility and easier access to daily activities that could otherwise be daunting due to the effort required to stand.

#### Manual handling support for carers:

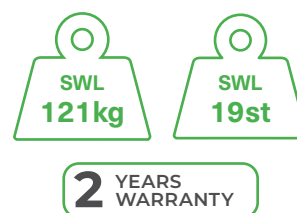
- Enabling the user to stand and sit independently reduces the need for the carer to physically assist with transfers, and reduces the associated injury risks to themselves or the person they care for
- For users with cognitive impairment, the carer is able to instruct the user and control the transfers

#### Improved health and wellbeing:

- Reducing pain or difficulty associated with standing will promote independence and occupational engagement that can reduce frustration and the feeling of dependency
- Improved independence and control can have positive impacts on health and wellbeing

## SPECIFICATIONS

Seat Deflated	Seat Inflated	Carrying Package	Product Weight
40 x 53 x 1 cm 16 x 21 x 0.4"	40 x 48 x 25 cm 16 x 19 x 10"	42 x 54 x 14 cm 16.5 x 21 x 5.4"	4kg 6.6lbs



## COMPLIANCE

Compliance with Medical Device Regulation (EU) 2017/745

Compliance with Medical Device Directive (EU) 93/42/EEC

## MAINTENANCE

#### To maintain the SitNStand Classic:

- Protect the SitNStand Classic from dust or dirt
- Use a soft dry brush to clean the fabric surfaces
- The cloth jacket of the seat may be removed and washed; return after the jacket is completely dry
- Do not iron the cloth jacket
- Use a damp cloth to clean the plastic surfaces
- Do not use solvents or detergents to clean any part
- Do not allow liquids near seams or system openings
- Keep dry

## AIDACARE KNOWLEDGE HUB

#### Aidacare Website:

- [SitNStand Lift Assist - Classic | Aidacare](#)

#### PDF Resources:

- [SitNStand Brochure](#)
- [SitNStand User Manual](#)

#### Video Library:

- [SitNStand Informational Video](#)