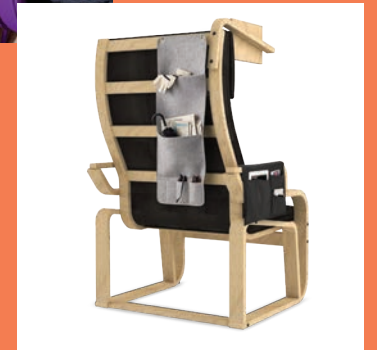




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THE CHAIR

Classic and sturdy, our POÄNG chair adopts simple tweaks that enhance mobility. Modified handles and supports make it easier for elderly users to sit down and stand up independently in this hacked version of a classic armchair.



The Chair

A PLACE FOR CARE AND COMFORT

For many people with dementia (and their carers), there is that chair. Day after day, it is the centre of interactions, of life's rituals. This can happen in early stages, or after more substantial decline. It is more common with men—but is often the case for women, too. One chair, often a longstanding favourite, becomes a new kind of security object: the space in which our friend or relative decides to spend most of his or her day.

The chair becomes an essential thing for many—one which distils a number of issues faced by those living with this condition. It can clearly be an oasis, or an anchor; something which gives a sense of comfort and familiarity. It is also a

bittersweet thing: as a person's life-world contracts, he or she comes to rely on the chair more and more as a protagonist in the day. It becomes a spatial epicentre, used to mark out segments in space and time.

“My Dad does occasionally sit somewhere else,” says Shing. “But it is rare enough now that we take notice when he does. For the most part, the chair seems to represent a reliance on fixed reference points—he seems relieved to see that the chair is there, each time, when he enters the room.”

The chair also may serve as one stop within a walking circuit—typically between bedrooms, hallway, and kitchen. This can be a very short route in a landed house, and much



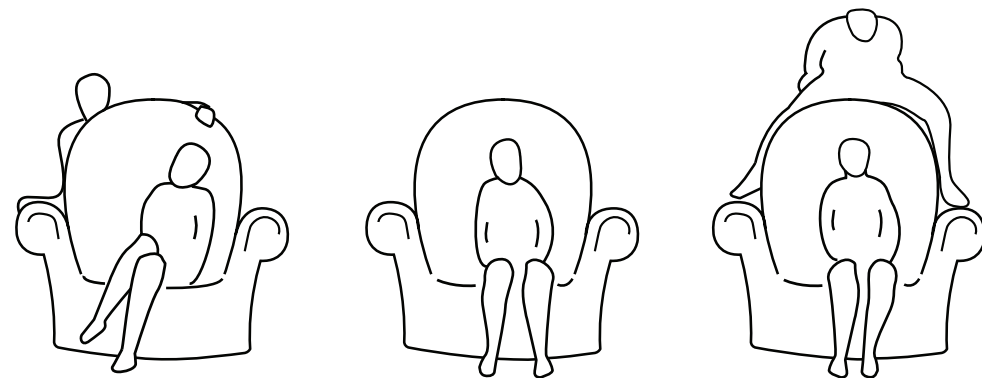
more so in a flat. The location of the chair along a pacing route can lead to quite frequent resting moments, as well as resting for short periods before getting up again to walk another lap or two. In the evenings, and especially at dusk, this can become a restless cycle of activity.

For some, the chair likewise provides a place to take a few short naps during the day. Shing says, “My dad will adjust his sitting position, make himself a bit more horizontal, and lift his feet up on the coffee table to sleep for a bit.” Napping is a good practice for individuals of all ages, both sick and healthy, and the chair can allow for a choice of resting times, or simply an amenity for a spontaneous snooze.

Put together, however, these activities mean that the care recipient may spend significantly more time sitting than the average person would in a single day. Many living with dementia experience a higher frequency of muscle and skin ache, and even sores (similar to bed sores) as a result.

And the chair may serve yet more functions. It often serves as a social centre: a frame for interactions, in which family members spend time and make contact. To establish a satisfying sense of intimacy, this sometimes involves perching (somewhat unstably) on the arms of the chair or sitting on another piece of furniture immediately nearby. This is where we might place ourselves for a quick check-in, a hello or a brief chat.





“It can clearly be an oasis, or an anchor; something which gives a sense of comfort and familiarity.”

At the same time, visits from extended family or friends can pose a challenge—when multiple people may gather around the chair, these “busy” interactions might cause some discomfort for persons with dementia in focusing visual and auditory attention. The position of the chair can sometimes place one at the mercy of whatever is happening around, creating moments of stress.

Due to its many roles and functions, the design of the chair is clearly important—as is its durability.

“My mother has become frustrated with the arms of the chair,” says Shing. “She notices that they are too narrow. She would prefer them to be wide, so that my father could have objects around him for comfort. It would be convenient

to have something like the American La-Z-Boy recliners, which had very wide arms and drink-holders, like a business-class airplane seat.”

Shing’s father’s previous chair had to be replaced, due to the upholstery of the arms repeatedly wearing out. It was a “simple upholstered armchair,” and her father would worry the ends of the arms with his fingers, causing them to become threadbare very quickly. His new chair has smooth, resistant leather arms—but he can no longer relieve anxiety through rubbing them. The arms of many such lounge chairs are made of smooth or slippery materials, which may cause a fall when older adults use them for leverage in standing up and sitting.

Most directly, the chair takes a lot of wear and



tear through long hours of sitting, as well as in cases of incontinence. This is why many carers may prefer a leather seat. Typically, care recipients beyond a certain point of decline will wear a diaper, but there remains the potential for accidents which affect the chair fabric. The bottoms of the legs are also subject to a lot of dragging, as the user may not take care when dragging the chair into a desired position.

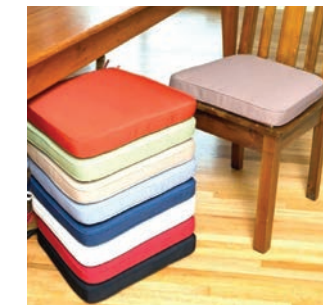
A last consideration is not the chair itself, but its location. As a person with dementia can spend long hours in the chair, the surrounding microclimate is important. Excessive heat, or direct exposure to air conditioning supply may cause thermal discomfort—as well as an increased chance of illness. Ideally, the position of the chair should benefit from a mild temperature, and comfortable amount of air movement. At the same time, we should find a space where daylighting is not glaring, or in which carers and others would not be between the chair and window, causing silhouetting and difficulty in recognition.

CHAIR TIPS

Selecting and placing the chair



1. Consider durability, balance, coolness and comfort of materials.



2. Include items for adjustment of body position.



3. Similar height, side-by-side seating for visitors allows for intimate interaction without causing discomfort.



4. Avoid placing the chair in direct sunlight or facing the air conditioners.

FROM EASY...



Our POÄNG chair adapts IKEA's classic armchair to a sturdier all-purpose one. A more upright posture and sturdier armrests facilitate stand-to-sit transitions while our new headrest makes that power nap a "head-tilt" away.

...TO STURDY

HACKED POÄNG
armchair

\$208



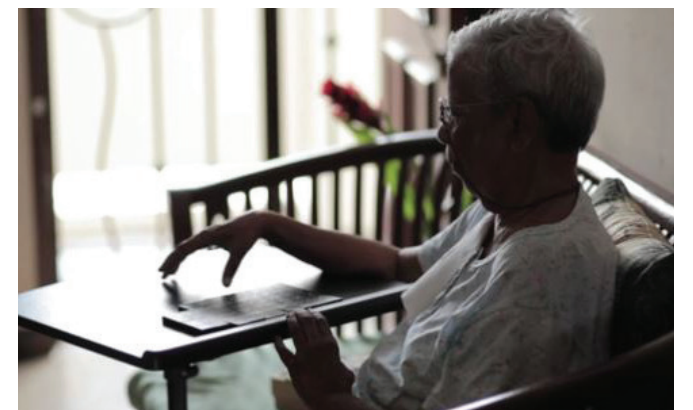
HACK

- 01 POÄNG Chair Improved support
- 02 FROSTA legs with APTITLIG Napping surface
- 03 FROSTA legs Sturdier armrest
- 04 POÄNG Ottoman legs Raised height for easy standing



Anchor of comfort and familiarity

For many, the chair offers a reassuring sanctuary. From this perch, one may stare into space to reminisce a different world, letting time pass in lazy fashion. The chair also provides an anchor to which one returns — a fixed spatial temporal place in the home — that provides comfort and familiarity.

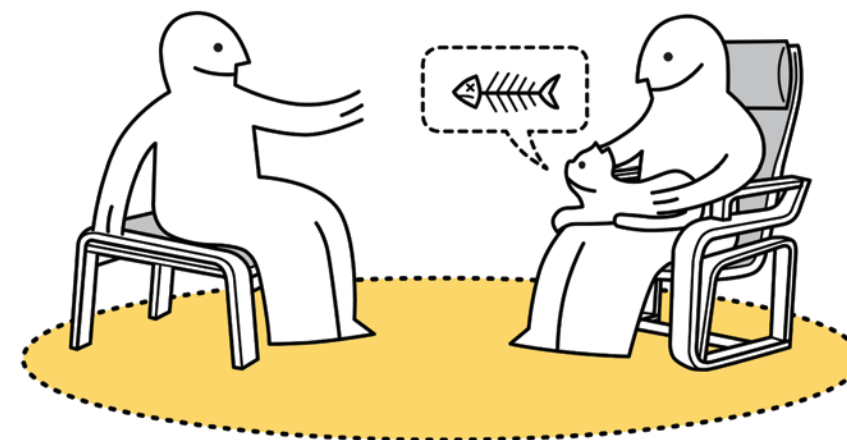


Living Chair

Make the lived experience from the chair positive and life-affirming. The immediate presence of loved ones offers interaction and intimacy, enhancing this feeling of warmth and familiarity.



Interaction is always welcome, but ensure that it does not overwhelm the care recipient. Arrange the chairs in a way that creates companionable intimacy, but avoid direct-facing arrangements that could be intimidating.



Create the space for care recipients to interact on their own terms. Observe personal space and avoid overwhelming them with too much stimuli.

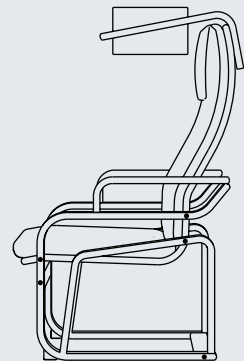
REKINDLE FAMILIAR SENSATIONS



Whether it be their favourite music or the grip of a favourite object, familiar sensations offer comfort and reassurance. Not only do they create a sense of security, they also help to conjure positive memories, however slight and fleeting.

Super POÄNG

Our adapted POÄNG comes with supercharged features for happy living. Its sturdy construction with grip handles make it easy for one to sit or stand independently. With our new headrest, that power nap is just a tilt of the head away.



HACKED POÄNG
Sturdy armchair

For assembly instructions, see
www.hackcare.sg

- 01 POÄNG Chair**
- 02 APTILIG & FROSTA** Napping surface
- 03 FROSTA** Sturdy armrest
- 04 POÄNG Ottoman** Improved back support
- 05 POÄNG Ottoman** For visitors to sit or for Albert to stretch out
- 06 RÅSKOG**



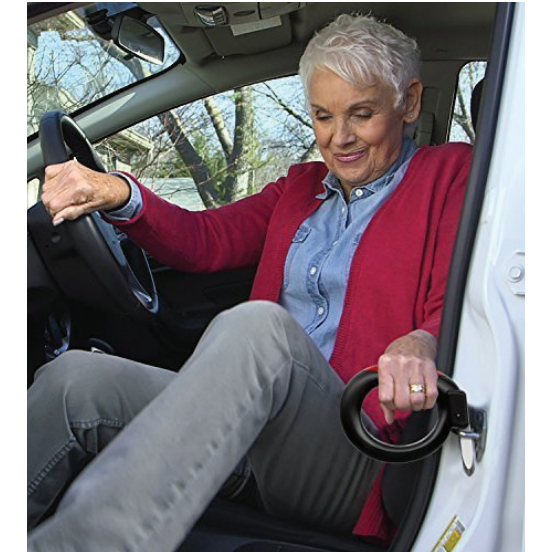
HACKED POÄNG
armchair and footstool
\$299

INDEPENDENT BODY, HEALTHY MIND

What we do with our bodies — that ability to independently sit or stand, maintain one's posture, seek comfort — affect our well-being and sense of autonomy. Simple furniture adaptations help to preserve this independence.



The stand-to-sit transition and vice versa is a real obstacle for many seniors. Minor adjustments — like a grab support or a more upright sitting height — help to mitigate this transition. That way, users can sit or stand by themselves without too much assistance.



Repurpose mobility aids like grab-handles to accompany your chairs at home. These add-ons encourage independence around the house.



01 Back support

Car seat supports are a good add-on to improve posture. Additional padded cushions help to raise the seat height when needed.

Seat and armrest covers: Available at home supply stores and petrol stations.



02 Padded armrests

Seat belt covers are useful for padding armrests to provide a more comfortable elbow experience.



03 Feet spa

That warm relaxing sensation of soaking one's feet in warm water. Heaven.



Sense and sense-ability

It is a truth universally acknowledged that pleasurable sensations make a life worth living. Indulge in as many of these as needed to make yourself feel good.

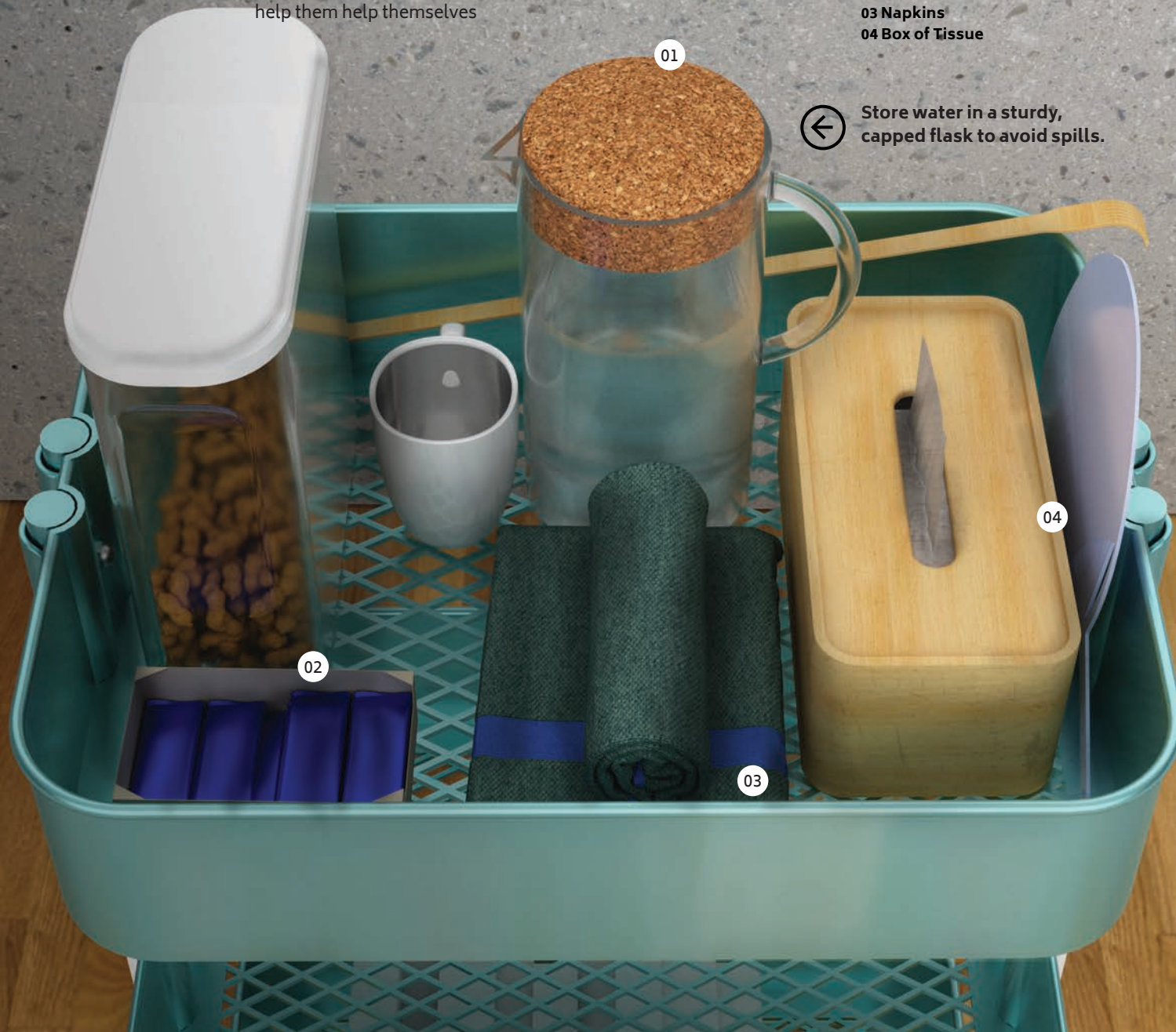
RÅSKOG Essential Kit

help them help themselves

- 01 Water Pitcher
- 02 Snacks Like biscuits or chocolates
- 03 Napkins
- 04 Box of Tissue

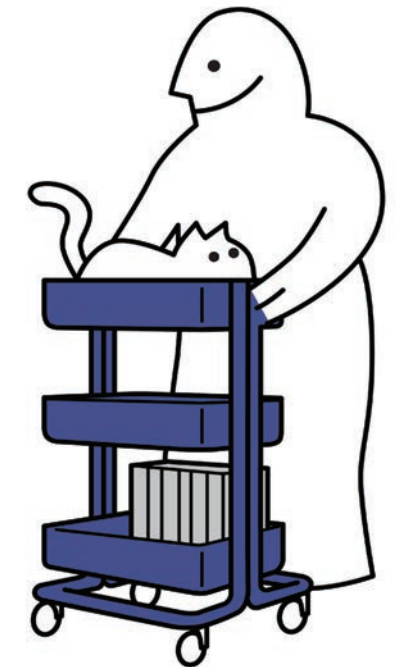


Store water in a sturdy, capped flask to avoid spills.



My chair-side companions

Chair-side conveniences like a water pitcher and simple nibbles allow users to satisfy cravings at peckish moments. Gather these items into a mobile RÅSKOG that wheels to the POÄNG chair — like a trusty chair-side friend.



A cat in a RÅSKOG? Why not?
Pets are therapeutic creatures.

The RÅSKOG provides easy organizing and storage solutions for essentials like tissue paper and drinks.

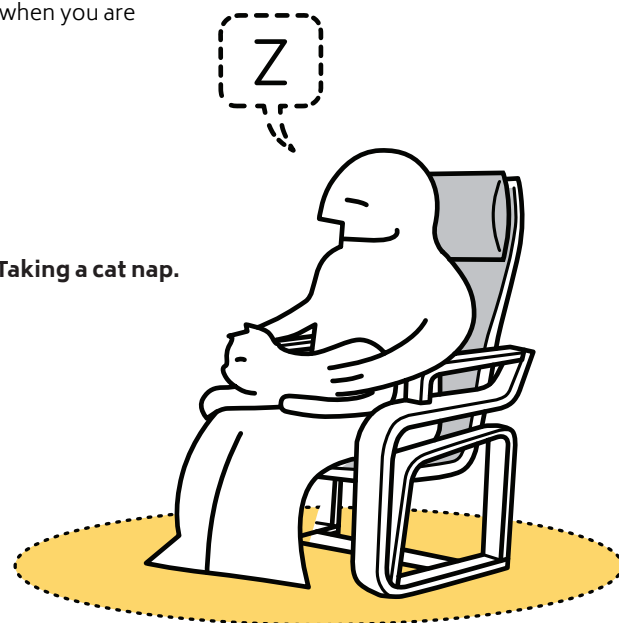
The power nap

Daytime naps are major enhancers to the day. They increase alertness, improve perception, brighten mood and boost memory. With our new headrest, that quick power nap is just a head-tilt away.



Nap in peace. Our new headrest allows you to tilt your head into restful slumber. No more sudden jerks just when you are about to doze off.

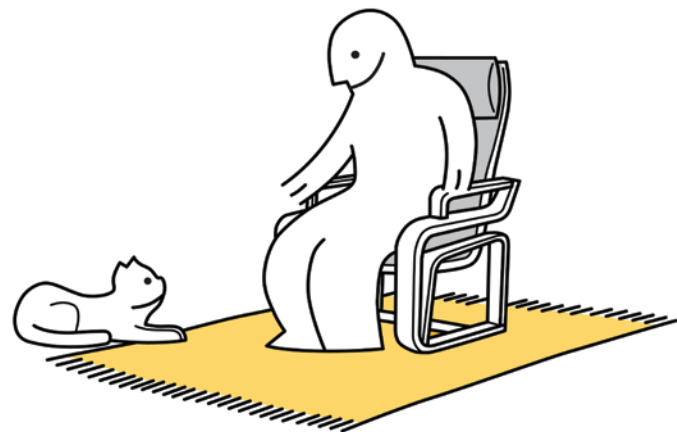
Taking a cat nap.



For napping comfort, ensure that the chair is placed away from the air-conditioner or direct sunlight. If the indoor environment gets a little chilly, a cosy blanket does the trick.

Other chair-side friends

Living creatures respond to love and attention. Simple acts of physical affection like cajoling, stroking and caressing are therapeutic forms of engagement. Pets can make excellent chair-side living companions.



Fish tanks are delightful, fuss-free and leave no mess.



How about an affectionate and loveable puppy (robot)?



Cats. Meow. They need no words.

STORE MORE.

KNALLBÄGGE
hanging organiser

\$10.50



Umbrella, newspaper,
any other things you need
– stuff them away in the
seat pocket behind.

STICKAT
bed pocket
\$9.90

Ladies and gentlemen, our seat has been raised to the upright position, with no tray tables to stow away. Our POÄNG will land shortly.