

Your perching stool and how to use it safely

Why has a perching stool been recommended for me?

An Occupational Therapist (OT) has recommended that a perching stool is appropriate for you to support you in your personal care/domestic activities.

How will it help me?

The perching stool will allow you to achieve a comfortable seated position when carrying out personal care/domestic activities. The perching stool has arms and a backrest.

Does it come with instructions?

When you receive your perching stool, you will also receive an instruction for use leaflet that will include information about:

- Intended purpose of the equipment
- Appropriate height adjustment
- Floor surfaces and weight
- Cleaning

The equipment will be delivered, and height adjusted by Millbrook Healthcare. Alternatively, if the perching stool is issued directly from the hospital, the OT will adjust the height of the perching stool specifically to suit you. The height will be based on individual assessment.

How can I ensure that I use the equipment safely?

It is important that you understand how to use the equipment safely. The OT will discuss this with you and will provide you with written information which you can keep and share with people who may be involved in your care.

Please note the following points:

- The perching stool must be used for its intended purpose, as agreed and discussed with the OT.
- It is important that there is adequate space for the perching stool in the bathroom or in the kitchen. If space is limited, the legs could be a trip hazard.
- It is important that the perching stool is placed on an even surface to avoid any unsteadiness.
- If any height adjustments are made to the perching stool, it is essential that all legs are equal in height and that all the plastic clips are fully connected.
- Before getting on the perching stool, it is important that you feel the perching stool behind you.
- Ensure that you use both the armrests to support you when getting on or off the perching stool. This will ensure that you do not tip the perching stool.
- It is crucial that you do not lean over the side of the perching stool or reach down towards the floor when you are on the perching stool as this could result in the perching stool tipping over.

Please see the photos below to help you to safely use your perching stool:



Ensure that the perching stool is placed on an even surface to avoid any unsteadiness. Ensure that all the legs are equal in height and that all the legs are firmly on the floor.



Ensure when going to sit on the perching stool that you can feel the perching stool behind you before you transfer to sit on it. Ensure that both armrests are used – this will ensure that the perching stool does not tip.



Ensure when rising off the perching stool back to a standing position that both armrests are used – this will ensure that the perching stool does not tip.



Do not use just one arm side to support your transfer on or off the perching stool. This could result in the perching stool tipping to the side.



X

Do not attempt to reach down towards the floor from the perching stool – as this could result in the perching stool tipping over.



X

Do not attempt to lean over the side of the perching stool (for example to reach something) – as this could result in the perching stool tipping over.

Who should I contact if I have a query?

Occupational Therapy Department:

Conquest Hospital – Tel: 0300 131 4500 Ext: 735181

Eastbourne DGH – Tel: 0300 131 4500 Ext: 771065

Sources of information

Occupational Therapy Service

East Sussex Healthcare NHS Trust

Millbrook Healthcare

Telephone: 03332 400 599

Email: eastsussexcontactus@millbrookhealthcare.co.uk

Important information

The information in this leaflet is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the patient experience team on 0300 131 4784 or esh-tr.patientexperience@nhs.net.

Hand hygiene

We are committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering

Other formats

If you require any of our leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department on 0300 131 4434 or esh-tr.AccessibleInformation@nhs.net

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

Reference

The following clinician has reviewed and agreed this patient information:

Rosy Shrubbs – Clinical Lead Occupational Therapist – Integrated Discharge Team

The directorate group that has agreed this patient information leaflet: Community Health and Integrated Care

Next review date:

September 2025

Responsible clinician/reviewer:

Occupational Therapy Team Céline Carey – Occupational Therapist