

## Self-Advocating for iLevel Power Adjustable Seat Height

The addition of a power adjustable seat height system is essential to raise and lower me in the seated position, without changing the seat angle(s), to provide changes in my vertical position and access to the environment in a 3 dimensional plane. In my power wheelchair, without power adjustable seat height technology, my vertical height (floor to top of head) is \_\_\_\_\_ in. and my vertical reach (floor to extended hand) is limited to \_\_\_\_\_ in. I am unable to/require assistance to:

- Transfer to/from the wheelchair
- Reach the \_\_\_\_\_ (list all that apply) to perform/participate in my activities of daily living (ADLs)
  - Dresser drawers; clothes rod; washer and dryer
  - Medicine cabinet; bathroom sink /faucet; mirror; shower head/faucet
  - Freezer/refrigerator; oven/stove; microwave; drawers/cupboards/shelves; counter; sink/faucet
  - Light switches; thermostat; fire alarm; phone; door eye hole/viewer; elevator buttons
  - Other
- See to safely operate the power wheelchair when \_\_\_\_\_ (list all that apply)
  - Moving through the home/work/school setting(s)
  - Moving through crowds/the community
  - Crossing the street

With the iLevel power adjustable seat height feature added to the power wheelchair my vertical height ranges from \_\_\_\_\_ to \_\_\_\_\_ in. and my vertical reach is increased from \_\_\_\_\_ to \_\_\_\_\_ in.

I have tried the iLevel power adjustable seat height system and found it to be an essential component for my power wheelchair because it:

- Allows me to transfer to/from the wheelchair by raising/lowering the seat to the right height
- Supports my ability to reach by:
  - Decreasing over shoulder overhead reaching and injury to my arms
  - Reducing the pain in my neck/shoulders/arms/back
  - Reducing the load when reaching for, picking up, lifting or carrying items higher than \_\_\_\_\_ in.
  - Improving the functional use of my arms because it:
    - Maximizes the strength of my available muscles
    - Maximizes my available range of motion at the shoulder, elbow and wrist
- Promotes access to areas of my home for completion of/participation in my activities of daily living (e.g., cupboard, refrigerator/freezer, microwave, stove, sink, medicine cabinet, dresser, closet, etc.)
- Promotes access to areas of my home and community for safety (e.g., light switches, thermostat, fire alarm, elevator buttons, door viewer, etc.)
- Improves my the line of site for safe operation of my power wheelchair
- Decreases my need for personal care assistance from \_\_\_\_\_ to \_\_\_\_\_ hours/day
- Supports my ability to communicate with others as it:
  - Allows for eye-to-eye contact
  - Relieves strain on my neck, shoulders and upper back
  - Enhances my visual access to the environment
  - Enhances my ability to hear others
- Allows me to work /enhances my employment opportunities by \_\_\_\_\_
- Allows me to attend school/enhances my educational opportunities by \_\_\_\_\_

In addition, as a permanent power wheelchair user iLevel is essential as it allows me to safely operate my chair at walking speed on level surfaces to efficiently maneuver through the world at the speed of life.