

If you have trouble getting into and out of bed, or find lifting yourself in or out of a chair painful and problematic, it may be an idea to purchase a hoist or transfer aid. With so many different models available, all with their own features and benefits, you need to consider your needs and expectations to ensure you're getting the best care for your situation.

What do I need to consider when buying a Hoist?

When looking to purchase a hoist you need to consider the context in which it will be used. For example, do you require a stationary hoist to be kept beside your bed, ready for you to use in the morning? On the other hand, do you want to be able to move the hoist from room to room, as and when you need it? With this in mind you'll also want to consider the amount of space you have available in which to assemble it/store it, and whether you want to power the hoist through the mains or with batteries.

Furthermore, you'll need to think about your own mobility levels. Certain hoists require the user to be involved in the moving process, while others have been designed for those with paralysis, with the hoist moving the body without assistance.



What types of Hoist are there to choose from?

There are many different types of hoists to choose from to accommodate different situations. Certain models of hoist have been designed for use in hospitals and care homes, while others are more suited in residential environments. If using a hoist in your home you'll want to think about whether you require a fixed position hoist or a portable model, ideal for moving to different locations or taking away with you on holiday, for example.

Other models of hoist encourage the user to move through the transfer process. This is ideal for those looking to get gentle exercise throughout the day, or for those recovering from a medical procedure and require rehabilitation through movement.



What type of Hoist is right for me?

Before purchasing you'll need to ensure that you've considered what you require from a hoist. You need to assess the amount of space you have available to use the hoist within, and whether you have room to store it when not in use. You'll also need to question whether you'd be better suited with a stationary hoist or a portable model, and whether you want to be involved in the transfer process.

Once you've answered these questions you'll be able to make a smart, informed choice, ensuring you're investing in the best help possible.

What types of Transfer Aids are there?

Transfer aids are a great alternative to a hoist, as they are generally smaller in size and lighter in weight. Examples of transfer aids include swivel seats, transfer boards, and specially designed handles and slides, all ideal for helping to gently move you in and out of chairs and car seats.

If you're looking for an aid that encourages independence and doesn't require third party assistance then investing in an electric transfer seat would be a good idea. Fitted with an automatic turning system, an electric transfer seat is a simple way of moving around if you want to get about freely and without hassle.