

# Our services: supportive seating

## Navajeevana's supportive seating service

**Many clients that Navajeevana work with have limited or no movement.** This paralysis restricts people from taking part in normal activities. Our field officers have often found children with this kind of disability confined to a small room in a house, with their parents unable cope unaware of where to access help.

We provide a fully functioning supportive seating unit, where trained professionals assess the client and build them a seat that can support them. These seats enable clients to sit up for the first time and see the world around them. Parents of children we have helped say it gives the children renewed confidence, whilst giving the parents some respite from caring for them.

Sadly, the demand for supportive seats is greater than our capacity to make them. Our unit produces an average of four per month, but waiting lists are long and we are restricted by resources. We hope to increase our capacity in the future.

## The benefits of supportive seating

### Improved function

Providing a child with extra support can help them to control their head, hands and to concentrate for longer. This can have a positive effect on playing, eating, reading, writing, learning, communicating, self care, wheelchair mobility.

### Improved social interaction:

By being more mobile it is easier for the child to be included in everyday activities and social activities, instead of being left at home - especially if they are too big to carry. Benefits this brings to the child include having eye contact with other, restoring dignity and gaining some independence.

### Improved health

Navajeevana knows that spending a lot of time lying down creates health problems. Continual lying down or sitting in a slumped posture can cause breathing difficulties, digestive problems, poor muscle development, poor blood circulation, pressure sores and create orthopaedic complications. Sitting in an upright symmetrical and balanced posture can therefore help to maintain a person's health.

### Improved "normal" development:

Improved function, particularly play, will accelerate a child's development, and using a supportive seat can make it possible to attend school – something denied to many children with disabilities in southern Sri Lanka

## Costs

*Each supportive seat costs Rs. 36,000 (including two years free follow up servicing)*

*Navajeevana has 30 clients on the waiting list who are unable to afford a supportive seat*

Contact us for more information at:

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