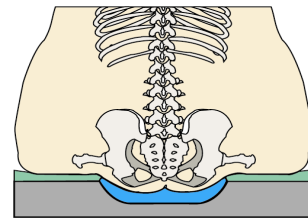
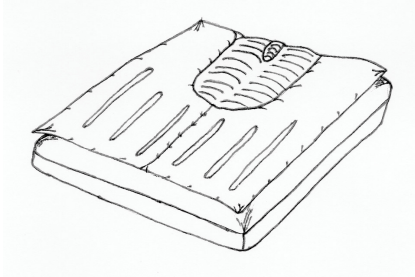


## ABOUT YOUR JAY CUSHION

This cushion has a fluid pad to protect the bones under your bottom ( Ischial tuberoisties / ITs ) **The fluid pad loses volume over time (a few years) and this can cause pressure problems. You should have the cushion checked annually for adequate fluid volume.**

**POSITIONING YOUR CUSHION ON THE CHAIR:** Your JAY cushion is designed so that the bones of your bottom (ischial tuberosities) as sitting on the fluid and in the well. The fluid pad must be facing upward, at the back of the seat.

**COVER UP:** Always use a original JAY cushion cover. The Jay3 cushion is unsafe ofr pressure management if used without the original cover. **Do not use sheets, pillow cases, towels or sheepskin** over the cushion as these do not stretch, causing increased seating pressures.



**WATCH YOUR FEET:** The height of the wheelchair footrests (and the heel height of your shoes) affects your seating pressures. Raising the footrest height (or heel height) increases seating pressures, and lowering the feet reduces seating pressures. Having the footrests too low is better than having them too high.

**RED FOR DANGER:** The cushion can not do all the work of pressure relief. You must provide regular pressure relief by leaning forward and sideway to allow complete restoration of the circulation.

Above all, you must

- check for red marks regularly, (morning and night) and
- take action if redness persists.

## CHECKLIST

1. Cushion correctly placed on chair – fluid at the back
2. Bones of your bottom sitting in the fluid compartments
3. Regular check for red marks - phone if redness persists
4. Use only the correct cushion cover
5. Feet not too high
6. Massage the fluid before getting into your chair each morning. Contact your seating service if the fluid becomes thicker over time, if the fluid leaks (usually a white gummy substance) or if after you get off the cushion you see that the fluid has moved mostly to one side.
7. Wash only in soapy water
8. Arrange annual checks to see if the fluid pad is still effective
9. Pressure problems - phone your seating service:
  - Prince of Wales Seating Clinic (at Randwick) - 9382 5286
  - Assistive Technology & Seating (at Ryde) - 9887 5055