

# The Weight and Seating Independence Project (WSIP)

# Gain better control of your health and life

# Wheelchair accessible scales are now available in your community

- Weigh yourself at an Independent Living Center (ILC) in Pittsfield,
   Amherst, Springfield or Worcester (see reverse side for locations).
- Weigh yourself at home with a portable scale borrowed from the Short-term Device Loan Program in Pittsfield or coming Oct. 2017 Worcester.
- Weigh your wheelchair once at home, then track your weight at an ILC. Create your own routine!

### Find your best positioning

# Pressure mapping technology (PMT) may be borrowed from the Short-term Device Loan Program

- Borrow PMT and map your seating and/or sleeping positions.
- Find how to release pressure in high-intensity areas.
- Map different environments: car, commode, bed and even recreation equipment!
- Learn to lessen the impact of different activities on your body.
- Help prevent pressure sores!

### **Roll-on Scale Locations**

### AdLib (Pittsfield)

215 North Street Pittsfield, MA 01201 413-442-7047

# Stavros Center for Independent Living (Amherst)

210 Old Farm Road Amherst, MA 01002 413-256-0473

## Stavros Center for Independent Living (Springfield)

227 Berkshire Avenue Springfield, MA 01109 413-781-5555

# The Center for Living and Working (Worcester)

484 Main Street, Suite 345 Worcester, MA 01608 Voice: 508-798-0350

Video Phone: 508-762-1164

### **Device Loan Locations**

### **UCP-Berkshire (Pittsfield)**

208 West Street Pittsfield, MA 01201 413-442-1562

### **Easter Seals MA (Worcester)**

484 Main Street Worcester, MA 01608 800-244-2756



# Learn about upcoming WSIP equipment demonstration and training opportunities

Visit www.massmatch.org/wsip.php Contact Kobena.Bonney@state.ma.us 617-204-3851

**MassMATCH provides FREE services** for individuals with disabilities, family members, caregivers, and professionals who work with users of assistive technology. Anyone may borrow devices for up to four weeks at a time. Visit www.massmatch.org/inventory to browse available equipment!

WSIP is a project of MassMATCH, the Assistive Technology Act program for Massachusetts. MassMATCH is funded by the Administration for Community Living (ACL) of the US Department of Health and Human Services (HHS), and managed by the Massachusetts Rehabilitation Commission (MRC). WSIP is made possible by a grant from the Christopher and Dana Reeve Foundation.



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### **Upcoming Trainings with Pressure Mapping Technology**

Interface pressure mapping is used to show pressure points when someone is sitting or lying down. Too much pressure at one point can lead to skin breakdowns or other injuries. Pressure mapping technology is useful for determining appropriate seating and positioning for users of wheelchairs. These trainings are intended for individuals with disabilities, family members, home care providers, personal care attendants and others working with individuals with paralysis-causing conditions. Learn how to borrow and use pressure mapping technology. Help prevent life-threatening injuries!

Presented by Mary Jo Wagner, OTR/L, ATP, of the Department of Developmental Services; and Ron Resnick and Sarah Bandzak of Blue Chip Medical Products, Inc.

### June 8th

10:30 a.m. to 2:30 p.m.
UCP-Berkshire
208 West Street, Pittsfield MA 01201

### August 2nd

10:30 a.m. to 2:30 p.m.
Stavros Center for Independent Living
210 Old Farm Road, Amherst MA 01002

### September 19th

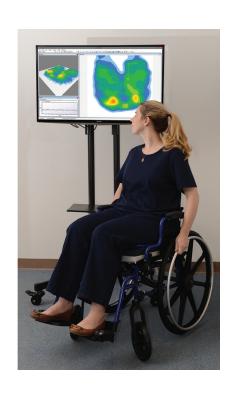
10:30 a.m. to 2:30 p.m.
UCP-Berkshire
208 West Street, Pittsfield MA 01201

### November 6th

10:30 a.m. to 2:30 p.m. Easter Seals MA 484 Main Street, Worcester MA 01608

### To register:

email info@massmatch.org or call Tanya Bombard 617-204-3851



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