

HOW KEEP WARM IN A WHEELCHAIR

Momentum Healthcare

WINTER IS COMING!

It can be difficult for wheelchair users to stay warm in the colder months. This is especially true for older wheelchair users and people who have assistance pushing. However, this should not be a deterrent to get outside and reap all the benefits that come with that.

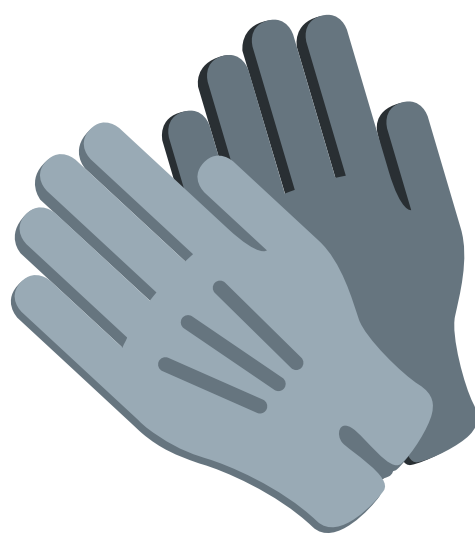


GET OUT THERE

Research shows that getting outside in nature has many mental health benefits. Nothing beats an afternoon out on a cold bright Winters day. Returning home to a warm home and settling in for the evening, with the feeling of having done something with your day. .

CLOTHING

We all know that saying 'There is no such thing as bad weather, only inappropriate clothing.' Dress for the occasion, and get outside. There are lots of options to keep warm, thermal clothes, heated gloves, wheelchair cosy, wolly hat and nice warm boots.



THE GOOD BIT

Finally, hot drinks have the wonderful psychological effect of making you feel much, much happier. Why not stop off at a nice coffee shop or stand and warm up with a nice sugary hot chocolate. Chilly fingers wrapped around a hot cup on a cold bright Winters day, is sure to fill you good vibes. .

FOR MORE HELPFUL INFORMATION
SUBSCRIBE TO OUR NEWSLETTER

Read more at
www.momentumhealthcare.ie