



Simple[®] Stuff Works

FROM OUR FAMILY TO YOURS





Simple Stuff Works™

We are a family run organisation with a passion for supporting people to protect body shape.

We provide high quality education and therapeutic positioning equipment with an aim to eradicate the preventable problems associated with body shape distortion.

We are driven by our core family values of compassion, trust and dignity.

Our advisors and colleagues are all highly experienced, having written some of the leading research into Postural Care and its effects.

We pride ourselves on the fact that our equipment is silent, hygienic and simple to use whilst our training programmes will allow you to implement this powerful form of therapy as safely and as humanely as possible.

Our equipment is suitable for those with relatively uncomplicated or the most complex of healthcare needs.

The Base Layers

The base of our award-winning sleep system comprises two layers of anti-microbial non-slip mesh, our Temperate Topper and a lovely, soft stretchy sheet. Supports are placed between the two layers of mesh to create comfortable supported positions for the individual using the system. The mesh is fully washable, silent to use and breathable, making it a perfect base in which to place supports. Our Temperate Topper is a soft mattress topper filled with a state of the art material which is machine washable to 90 degrees, wicks moisture away from the skin and allows air to circulate around the individual.

This allows the individual to stay in a dry, comfortable, temperate environment all night long. The Temperate Topper is non-dynamic, neither warming nor cooling the individual. This is an essential safety feature for people who find it difficult to control their own temperature. Over the top of these layers we have a beautiful, soft, cotton sheet.



The Supine Stabiliser

The Supine Stabiliser is a leg support piece which is designed to help an individual to keep a neutral, supine position for long periods of time. The Stabiliser is worn above the knees, across the thighs, and it stabilises the pelvis and the femora. It comes in 5 sizes, from infant to adult, and it also comes in a range of 3 colours. It is entirely washable and simple to use making it one of our most popular support options.

Approximate general sizes are below...

Size 1	450mm width x 250mm height x 130mm depth
Size 2	450mm width x 300mm height x 150mm depth
Size 3	500mm width x 300mm height x 200mm depth
Size 4	600mm width x 350mm height x 225mm depth
Size 5	750mm width x 350mm height x 225mm depth

The Side Lying Leg Support

Our Side Lying Leg Support is designed to protect the hips and pelvis when a person is lying on their side. The leg channel creates a perfect place for the top leg to lie and the bottom leg wraps gently around the outside. When combined with lots of support at the back of the person, a lovely supportive side lying position can be achieved. This is perfect for individuals who need to lie on their side for safety reasons.

The Side Lying Leg Support comes in three different sizes and a choice of three colours:

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- Size 1** 380mm length x 300mm depth with a leg groove of 120mm at widest point and 50mm at narrowest
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- Size 2** 600mm length x 400mm depth with a leg groove of 120mm at widest point and 80mm at narrowest
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- Size 3** 600mm length x 400mm depth with a leg groove of 140mm at widest point and 100mm at narrowest



Support Options

We supply a wide range of options for making supports within our therapeutic positioning system. We can offer wedges, rolls and padded brackets which can be used in any combination to make a comfortable position for the individual.

Foot Supports

Our foot supports are soft supports which help to hold the feet in a neutral position for long periods of time. They are made from the same fibre as our Temperate Toppers so they help to keep the feet feeling fresh whilst they are protected from falling forwards or rotating. The foot supports come in three sizes and three colours.

Size 1 fits from baby up to adult size 1

Size 2 fits up to adult size 5

Size 3 fits up to size 9

Sizes are UK sizes



Anatomical Measuring Instrument

The Anatomical Measuring Instrument is designed to measure the Goldsmith Indices of Body Symmetry, the only validated, objective measurements of body shape available. Alterations in critical dimensions of the chest demonstrate that someone will be experiencing reduced internal capacity of the abdomen and thorax which can lead to secondary complications. The AMI measures these dimensions along with pelvic and leg rotation.

The AMI allows families and healthcare professionals to build up a comprehensive picture of an individual's body shape and develop a therapeutic positioning plan driven by this information.



Pillows

We have lots of different pillow options which can be used to support an individual. We offer regular pillows, horseshoe pillows, sausage pillows and neck support pillows. These all come in three different colours and the firmness of each pillow can be adapted depending on the needs and comfort of the individual.



Training

Therapeutic positioning requires a comprehensive understanding from everyone involved if it is to be implemented successfully. We are delighted to be able to offer a range of accredited training to support families, healthcare professionals and anyone else with an interest in therapeutic positioning. Our courses are accredited and license delegates to join a worldwide community of Postural Care Leaders with access to all of our training materials and support.

We also offer an online version of our training course which enables access to anyone in the world.



BHTA

British
Healthcare
Trades
Association

skillsforcare

Accolades



Winners of the
Best Established Product
on the British Healthcare Market
2015

Highly Commended for
Most Effective Practice
in Workforce Development
2010



2011 Runner-Up
Commitment to the Community

Multi Award Winning

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