

**What is an air cushion?**

- An air cushion is a round or wedge-shaped seat that can be inflated.
- Air cushions are designed to provide movement while seated and are available in different sizes and styles.

**What student would benefit from using an air cushion?**

- Students who are active and have difficulty sitting still (e.g. frequently moving, getting up, rocking in their chair or fidgeting)
- Students who have poor, slouched posture when sitting due to decreased core strength or low/high energy

**What are the benefits of using an air cushion?**

- Improved posture when sitting
- Ability to sit for an extended length of time
- Improved engagement in seated tasks

**Why do air cushions work?**

- The small movements experienced when sitting on an air cushion provide the body with sensory input that may be organizing to the nervous system.
- They provide movement so a student might not get in and out of their seat as often and are able to focus more on the lesson or activity.

**How and when can air cushions be used?**

- Cushions are typically used on a chair but may also be used on the floor.
- Consider using cushions for short periods throughout the day, when increased attention is required.

**Other tips:**

- Air cushions should be inspected regularly to ensure the plug is in correctly and the air pressure is adequate.
- To test the air pressure, push both hands together on either side of the cushion and some air movement should be felt (if hands touch, the air cushion is under-inflated; if hands cannot be squeezed, it is over-inflated).
- Students are able to sit on either the bumpy or smooth side of the cushion.
- If the cushion is a wedge, the narrow edge should be closest to their knees.
- Students should be able to touch their feet to the floor while sitting on the air cushion.
- Position the desk height so that it is appropriate with and without the cushion (approximately 2 inches above their elbow when seated).

**Where can you buy air cushions?**

- There are several Canadian companies that sell air cushions.

- Ask your Occupational Therapist for details or to try an air cushion.
- Check the resources available at your school.