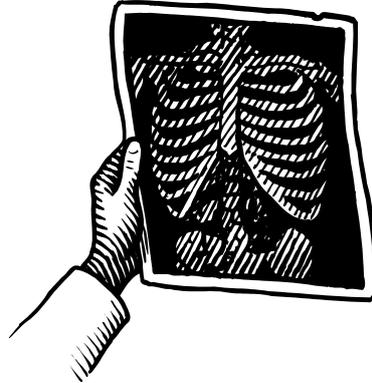


## What is Postural Care?

Postural care is a way of protecting your body.



You need postural care if you have problems moving your body.



Lots of people use sleep systems at night time to support their body.



It is very important that sleep systems are used properly. They can be dangerous.



It is hard for parents and self advocates to get training and advice.



Sometimes they don't have the right equipment and don't know who to ask for help.



Your body can be damaged without good postural care.

This is not good for your health and it means that the care and equipment you need becomes very expensive.



Postural care protects body shape and makes people more comfortable.

