



# 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](http://www.massmatch.org/wsip.php)

Contact [Kobena.Bonney@state.ma.us](mailto: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](http://www.massmatch.org/inventory) to browse available equipment!

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