



HANDS-FREE SUPPORT FOR  
DIGITAL AND PAPER MEDIA



## ABOUT MUKAVA TABLES

High-end industrial furniture design meets modern digital living in Mükava. Mükava is a Scandinavian-inspired breakthrough product that is the world's first ergonomic reading table for digital or print media. We are dedicated to the idea that superior product functionality and great industrial design can co-exist in the same product.



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[www.mukava-tables.com/assistedliving](http://www.mukava-tables.com/assistedliving)

# Mükava

ENGAGE SENIORS IN READING AND USING DIGITAL TOOLS



Mükava ergonomic reading tables hold tablets, phones, and reading materials. Mükava is ideal for seniors who suffer from physical limitations or pain in their necks, shoulders, hands or arms. These hands-free products help alleviate pain and facilitate healthy posture. They also improve quality of life through renewed enjoyment of reading and digital tools.

PROMOTE WELL-BEING AND ENGAGEMENT



## UNIVERSAL DESIGN

Mükava will hold virtually any form of print or digital media used in activities of daily living, including tablets, phones and reading materials.



## HANDS-FREE USE

Mükava gives anyone the ability to read a book, magazine or electronic device without pain. Its flexible head can rotate to a comfortable position for either seated or standing use. This makes it perfect for recreational or therapeutic applications.



## EASY-CLEAN BENEFITS

Mükava can be thoroughly wiped down with medical-grade cleaning supplies.



## LIGHT

Each Mükava table includes an LED light that plugs into one of the USB ports. This can help reduce eyestrain and increase readability.



**mükava power**

Mükava includes two USB ports for charging electronic devices.



Mükava provides a pain-free way for older adults to sharpen their minds, enjoy daily life and stay engaged through reading and using digital tools.

*"I think everyone should have one!"  
(Joan, retirement community resident)*



LED light, Book Bands and Document Pebbles



Power supply at base



One simple lever adjusts Mükava's position

*"Approximately two in five seniors indicate that they have a "physical or health condition that makes reading difficult or challenging" or a "disability, handicap, or chronic disease that prevents them from fully participating in many common daily activities." Pew Research Center: Older Adults and Technology Use, April 2014*