

Car Transfers

NB: Slide Sheets and/or Transfer Boards may be needed to help the chair – car transfer.

Out of the Car Using Walker

1. Slide car seat back as far as it will go to allow room.
2. Place slide sheet under buttocks to reduce friction.
3. Moving one leg at a time, lift legs out of the car.
4. Bring bottom forward to the edge of the seat until feet are flat on the floor.
5. A carer will need to bring the client's walker into position and apply the brakes.
6. Push up using the seat, the back of the chair, or the window frame (with window wound down and the door supported by the carer).
7. Once standing, transfer hands to the walker or other aid.



Into the Car Using Walker

1. With car door open, walk backwards until you can feel the car seat behind your legs.
2. Place hands on a suitable place on the car, and lower yourself down to car seat.
3. The carer moves the walker out of the way.
4. Place side sheet under buttocks if required.
5. Shuffle bottom as far back into the seat as possible.
6. Lift one leg into the car at a time.
7. If using a walking stick, use this to push against the floor of the car to make it easier.

Transferring from Car to Wheelchair

1. As for steps 1-4 above (Out of Car using Walker). NB: a slide sheet and/or transfer board may be needed.
2. Move wheelchair into position parallel to side of the vehicle and apply the brakes.
3. Client reaches across to the outer arm of the wheelchair.
4. Holding and pushing through the wheelchair arm, whilst pushing down on the car seat, client steps around, or moves bottom directly into wheelchair.

Transferring from Wheelchair to Car

1. Remove wheelchair footplates before placing the chair parallel to the car and close in. Apply the brakes.
2. Ask client to push through the arm of the wheelchair. The other hand either may use the window frame of the door for support (with window down, and the car door supported by carer).
3. Ask the client to stand and step around so as to be able to sit in the car.
4. Alternatively, the client reaches to car seat and pivots bottom around into car seat. The patient does not stand up fully for this transfer.



[You may find this car door tool useful to assist during transfers](#)

