

Sitting Transfers

Transfer towards the clients stronger side whenever possible

- Wheelchairs with movable armrests should have the appropriate armrest moved and the footrests folded up and positioned out of the way.
 - Position the surface to which the client is moving is positioned at right angles to the client's staring position.
1. Place hands on the armrests, feet flat on the floor.
 2. Slide bottom towards the front of the seat. Lean forward so upper body is over their feet.
 3. Place leading foot in the direction they are going.
 4. Reach over and take the far arm of the other chair with their leading arm.
 5. Push up through their arms and legs, then either pivot bottom across or step around to sit in the other chair.



Alternatively, transfer to a walker.

1. As for 1 and 2 above.
2. Carer positions walker directly in front of client, but not close enough for them to pull themselves up with.
3. Carer assists client to stand and client transfers hands to walking frame.
4. Carer supervises client using the walking frame so that the back of their legs touches the chair to which they are transferring.
5. Client reaches for armrests, and lowers self down.





Transfer between bed and chair

Patient: Places strongest leg in front near the farthest leg of the chair.

Reach arm to farthest armrest of the chair.

Carer: If room, stands behind patient, hands on pelvis.

Alternatively, using a standing transfer from the side and step around using a walking aid, or 2 person assist.



Sitting to standing, on side of patient

Patient: Feet flat on ground.

Move patient's bottom forward to the edge of the seat.

Encourage patient to bring upper body forward.

Encourage patient to push up on arm rests.

Carer 1: Place one hand over top of shoulder. Other hand on opposite pelvis.

Block knee if necessary.

Carer 2 (if needed): One on either side of client.

Hand in front of shoulder, other hand on same side pelvis.

Move: Transfer weight from back lunge to the front foot as you step forward and together as patient stands.

Moving back in chair, standing beside patient

Patient positions stronger foot behind other, or place both feet on small, secure, footrest. Lean forward and either push backwards, or 'walk' back, transferring weight from one buttock cheek to the other

Carer presses against knee(s) to assist in pushing back