

Moving With Slide Sheet

1. One person each side holds top layer of slide sheet only.
2. With one foot pointing in direction you are going slide person in the bed.
3. Person can help by bending knees to help push up the bed.



If only one carer it is safest to stand at head of bed and grasp the top layer of slide on each side of person's shoulders and pull towards head of bed. Maintain lunge position with one foot forward



Turning With Slide Sheet

1. Carer on one side holds top layer of slide sheet only.
2. Tell person what you are doing and that you will move them on 3.
3. Count to 3 and pull top layer towards carer and up, rolling person onto their side.



Remove Slide Sheet

1. Push most of slide sheet under person by pushing down into mattress.
2. Carer on other side holds bottom layer of slide sheet and pulls out and towards head of bed.



Car Transfers: Getting In

1. Place wheelchair beside car, remove or swing out foot plates.
2. Car door bar in place if you have one, window down.
3. Slide car seat forward, try plastic bag on seat to help person turn once seated.



4. Use lunge position to assist person to stand.
5. Assist them to grip car door with window down, and door frame or car door bar.



6. Use lunge if need to assist person to sit.
7. Slide car seat back.
8. Turn person around and lift legs into car. They may find this easiest to lift one leg at a time.



Car Transfers:

Getting Out

1. Car door bar in place if you have one, window down.
2. Turn towards door and move legs out.
3. Slide car seat forward.



4. Position wheelchair next to car with foot plates removed or swung out to side.
5. One hand on car door with window down, the other on car door bar or door frame.



6. Use lunge position to assist to stand if needed. Consider using transfer belt to avoid leaning inside car.
7. Step around to wheelchair.
8. Hands on arms and feel chair behind legs before sitting down.



Kōwhai Programme

Support for whānau & carers

Otago
Community
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Te Kahu Pairuri ki Ōtākou
Living Every Moment