

*“...When we go out for the day shopping or visiting someone, it is good to plan ahead. We still need to be prepared for anything, especially with finding parking and getting reasonably close to where we need to be. We do not try and do more than we can handle these days and that suits us fine...”*

# CAR TRANSFERS





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## SAFETY TIPS

### Safety Tips

- Ensure the car door is locked into the full open position before the person gets in or out of the car.
- Do not use the car door as a support as car doors are prone to move.
- You may need to assist the person to move their legs one at a time, unless they have hip pain where it may be better to bring both legs together.
- Ensure both yourself and the person have supportive, low-heel shoes on.

## TRANSFERRING INTO A CAR



Before attempting to transfer, push the car seat back as far as possible to ensure maximum leg room.

Open the car door fully, wind down the window and have someone brace it to stop it swinging back onto the person.

Assist the person to standing from the wheelchair if one is used.

Position the person with the back of their legs against the car seat before they sit down. Protect the person's head as they sit down into the car.

### **'Nose over their toes'.**

The person can use the dash or car body for support if necessary. Pivot the person on their bottom, bringing their legs around into the car.

Having the backrest of the car seat slightly reclined may make it easier for a person with hip pain to pivot on their bottom.

You may need to assist with their legs, but only one at a time. Ensure your back is protected by maintaining good posture, bending your knees and stabilising your core abdominal muscles.



## TO GET OUT OF THE CAR



Reverse the procedure for getting into the car i.e. legs out first, then stand.

Care should be taken to protect the person's head.

Place a large plastic bag with a little talcum powder inside it on the seat to make it easier to slide the person's bottom around or across the seat.



Guide the person out of the vehicle by placing a hand on their lower back. This also allows you to protect their head if needed.

Have the person's walking aids or wheelchair in the ready position before they stand up.

A transfer sling (or transfer strap) may also be used.