



“...There’s a lot of new gadgets around that can really help day to day. I’d say to others—have a look at what’s around and there might be something that makes things easier for you...”

CHAIR TRANSFERS

Helping someone to stand up

Helping someone to sit down





CHAIR TRANSFERS

SAFETY TIPS

Safety Tips For You

- Bend your knees when assisting a transfer and maintain good posture.
- Contract your deep corset-like muscles to help stabilise your spine.
- If the person is having difficulty standing from a low chair, you may need to raise the chair height using an extra firm cushion, or by placing blocks or a platform under the legs of the chair. Ask your health provider about appropriate aids.
- If you feel strain in your lower back when preparing to assist a transfer—stop the movement.
- If the person you are transferring is beyond your strength and ability—do not attempt the transfer, and seek extra assistance.

Safety Tips For The Person Being Cared For

- Try to only sit in chairs with arm rests on both sides.
- When getting out of a chair, get up slowly and push up from the arms rests.
- Check chair stability prior to standing.
- Avoid sitting in low chairs.
- Make sure that you have sensible, supportive footwear with a non-slip sole (not slippers).
- Blood pressure can fluctuate when you change your posture, such as lying to sitting or sitting to standing. To avoid dizziness, wait a few minutes before moving.

HELPING SOMEONE TO STAND UP



Person's position

Ensure the person is sitting forward in the chair. Their feet should be slightly apart, placed back just underneath the chair.

Before standing, the person should bend forward at the hips and look up so that their:

'Nose is over their toes'.

The carer in this example is only able to offer assistance and guidance.

← THIS CHAIR IS LOW AND MAY NEED TO BE RAISED UP ON BLOCKS.



Carer's position in front

If the person requires light to moderate assistance, you will need to stand in front. Have one foot in front of the other, maintain a wide base and grasp the person just below their waist or hold onto their waistband.

The person should have their hands on your hips or on the arm rests of the chair to assist with standing.

Blocks to raise the chair height would assist in this example.

To stop the person's feet slipping, use a non-slip mat under their feet or place your feet in front of theirs while assisting them to stand.



Carer's position at the side

If the person requires less assistance you may like to stand at the side.

The person can push up with their arms, while you assist from the side.

SITTING DOWN



Ask the person to feel for and use the arm rests or edge of the bed if possible.

The person should lower themselves down slowly onto the surface and not flop.

Ask the person to 'stick their bottom out' when sitting to ensure they sit back in the chair. This can save you from then needing to further assist the person into the correct sitting position.

Ensure the person can feel the seat with the backs of both legs before sitting down.

STANDING UP USING TRANSFER SLING



A transfer sling (or transfer strap) can be used to transfer a person needing light assistance from a chair to a standing position as well as a range of other transfers. For more information about transfer slings, talk to your health provider.

STANDING UP USING A SPRING CHAIR



This type of chair is a low cost and effective aid to standing.

The spring mechanism must first be adjusted for the individual's weight. See instruction manual and / or your health provider for information on how to adjust the mechanism.

THIS CHAIR HAS HEIGHT ADJUSTABLE LEGS.