

Kōwhai Programme

Support for whānau & carers

How to Assist Someone to Move Safely

Lunge Position

Wherever possible use the lunge position as this assists in protecting your back from injury. There are two ways of doing this.

1. One foot forward, pointing in the direction you are moving, and the other behind so you can move from leg to leg. By bending your knee you can transfer weight with less strain on your back.
2. Feet side by side by shoulder width apart so you can move weight from leg to leg using the large muscles in your thighs and buttocks.

Keep Knees relaxed, not locked straight.

Do Not Twist – This puts your back at risk of injury. Pointing one foot in the direction you are going helps avoid this.

Avoid Bending – as this also puts your back at risk of injury.



To Stand 1

1. Have person move forward in seat or on side of bed so they are seated toward the front.
2. Have them place their feet back so slightly under them.
3. Knees lower than hips makes it easier to stand. Consider raising the bed or chair, or use a cushion.
4. Person puts their hands on armrests or mattress to push up.



To Transfer

1. Have person move forward in seat or on side of bed so they are seated toward the front.
2. Person put hands on armrest, feet flat on floor.
3. Person reaches over to take far arm of other chair.
4. Place foot on that side close to far front leg of chair.
5. Push up and either swivel bottom across or stand and step around to other chair.



Assist to Stand 1

1. Carer adopts lunge position, one arm across back to opposite hip or waistband, other hand resting on front of shoulder.
2. State "We will rock and count and stand on three" so that all know when person will stand. (The rocking helps to make standing easier).
3. Rock, stand then pause before walking or transferring.
4. If using a walking frame, place this one step in front with the brakes on so when the person is standing it is in the right place to take hold of for support (Do not have person use it to pull themselves up).



Assist to Transfer

1. Carer is slightly on side and in front of person, in lunge position.
2. Ask person to reach for and hold far arm of chair. Step around and other hand then placed on arm.
3. Person slowly lowers themselves into chair with carer guidance.



Or for short distances or simple transfers:

Once person standing Carer stands in front holding their arms at right angles, bracing upper arms against body. Person can lean on carer's forearms while stepping around to other chair.



Slide Sheet

This is easiest with two people but can be done by one person moving from side to side.

Position Slide Sheet

1. Have person lift nearest knee and arm to lean towards opposite side. This lifts their body slightly off the bed.
2. Gather the folded edge of the slide sheet and push it down on the mattress under the hollows at neck, lower back, below bottom.
3. Straighten knee and arm and move opposite knee and arm over body towards carer.
4. Pull edges of slide sheet out until it is under their body from shoulder to hips.



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.

