

Introduction

"Welcome to watch the""Lifting and Transfer"" DVD"

The population of Hong Kong is gradually ageing

Because of physical decline or illness

elders may encounter difficulties in their daily activities

and need assistance from family members or carers

Through three case illustration

of elders with different physical conditions in this DVD

domestic and institutional carers

can learn the basic principles of lifting and transfer

Let us look at our 3 cases; an elder who is :

"1. slightly weak, needs one carer to assist"

"2. weak in one side of the body, needs mild assistance"

"3. overall weak, needs two carers to assist"

During the everyday care of elders

we often have to help them transfer between different positions

"During this process, how can we ensure the safety of both the carer and the elder"

and avoid straining the carer?

How should we make proper preparations

"and master the""Eight Principles of Lifting and Transfer"""

including the correct posture and the right way to exert force

so that you can lift and transfer the elder safely?

How to use suitable assistive devices to enhance

the process of lifting and transfer

and reduce physical exhaustion of carers?

All these techniques can lessen the chance of injury

and strain to the elders and carers

This DVD also demonstrates the proper use

of walking aids and wheelchairs

and teaches how to assist the elder to use these aids

You will also see how carers help the elder

to get on and off a vehicle safely

"such as MTR, buses and taxis"

so that they can enjoy outdoor activities despite mobility problems

and live a more active life and expand their social circle

When watching this DVD

you can go back to any section of the video
to get a more thorough understanding of the techniques
If you are a beginner
make sure you have supervision from health professionals
when you try to practise these techniques
In this DVD
a physiotherapist and an occupational therapist from the Department of
Health
will explain the knowledge and techniques in details
"Hi, I'm a physiotherapist"
I'm an occupational therapist
In everyday life
elders with mobility problems
often need the assistance from carers
"For example, helping them to get out of bed"
transfer to a wheelchair and go to the toilet
"If this is done incorrectly, it will take extra effort"
and the carer will have a higher risk of strain
and injury
The elder can easily get injured too
Therefore we'll demonstrate some methods
of transferring the elder for reference
It would not be possible to demonstrate
all the methods of lifting and transfer
but once you know the basic concepts and principles
you would be able to apply them under different situations
according to the elder's physical condition
"your own ability, the environment and available equipment"
I will also show you the use of walking aids and wheelchairs
as well as how carers can assist the elder to use them
The proper use of assistive devices facilitates
the process of lifting and transfer
reduces the stress and strain to carers
and lessens the risk of injury to the elder and carer
There are a lot of commercially available assistive devices
I will introduce some assistive devices in common use and
explain how to select and use them properly
I will also point out common barriers in the home environment

so as to raise the awareness of both carers and elders
to enhance home safety and increase the independence of elders
"Moreover, I will introduce some common assistive devices"
for carers who work in residential care settings
Although assistive devices are easily available in the market
it is better to get advice from an occupational therapist before buying
them
All assistive devices require regular checking maintenance and repair