

15. Going outdoors

Most elders would go outdoors

"For instance, to relax, to meet friends"

to attend medical follow-up

It's important for carers to learn the skills to assist elders going outdoor

Elders with balance problem should use the elevator to go up and down

Never use the escalator

If there is no elevator

and if the elder is physically capable

"and only needs a little assistance, carers can take reference from"

the following examples of common situations

for helping elders to go up or down stairs

If the elder does not require assistance

he can hold a crutch with the hand on the strong side

and walk upstairs near the railings

The correct sequence is putting the crutch up first

then the strong leg

followed by the weak leg

When both feet are on the same step

repeat the above sequence

If he requires the carer's assistance or escort to go upstairs

and there are railings on his strong side

the carer should first leave the elder in a safe place

then put the crutch at the top of the stairs

The elder can hold on to the railings with his hand on the strong side

The carer should stand on his weak side

support his shoulder upward from underneath with one hand

"Remember, do not pull on his upper limb"

Support his hip bone with the other hand

to help him shift his weight

and prevent falls

The carer should stand one step below the elder

She should keep her back straight and stand with wide base

Place the feet on two different steps

It helps to maintain balance

The elder should put his hand slightly in front on the railings

Step up with the good leg first
then move the weak leg up to the same step
The carer should not go up until the elder has got both feet on the same
step
then follow
Repeat the above sequence
It's easier to keep balance if the elder
and the carer go up the steps in turn
Let's see the whole process from another angle
Pay attention to the position of carer's hands and her stance
and the stepping sequence of the elder
If there are railings only on the weak side of the elder
use the same assisting method shown above
"When walking down stairs, if the elder does not need assistance"
he can hold the crutch with the hand on the strong side
and walk down by the railings
The correct steps are :
move the crutch down first
then the weak leg
and finally the strong leg
"When both feet are on the same step, //repeat the process"
If he needs assistance
and there are railings on his strong side
he should put the crutch aside
then hold on to the railings on his strong side
The carer should stand on the elder's weak side
Support his shoulder upward from underneath
Remember not to pull on his upper limb
The other hand should be on the hip bone to provide support
and help him shift his weight
so as to prevent falls
The carer should stand one step below
The stance is the same as climbing up stairs
The carer should spread her legs between two steps
This way you have a larger base of support
to create a more stable support
The elder should put his hand forward on the railings
"Move the weak leg first, then move the strong leg to the same step"

When he has both feet are on the same step
the carer can walk down the step and repeat the process

Remember : The above method is easier to keep balance

Remember : It's easier to keep balance

After walking down the stairs

the carer should leave the elder in a safe place

then go back to get the crutch

Now let's review the important parts of this process

If there are railings only on the elder's weak side

he can hold the crutch and stay close to the railings

The sequence and assisting method are similar to what was explained
earlier

If you're unclear about the elder's mobility level

or you have any doubts about the above methods

consult a physiotherapist beforehand

The elder should not force himself to go up or down stairs

if he finds it too difficult

consider other means of transfer to ensure safety

"For details, please see the next section"

about going up and down stairs with a wheelchair