

17. Public transport utilization with wheelchair

When going outdoors

we often have to take public transport to reach the destination

Wheelchair users

should learn the skill in getting on and off

Many people think that when assisting an elder to transfer from wheelchair to taxi

the feet should go in first

but this is actually makes it more difficult

The elder should face outside

and it is easier to get onto the taxi with buttocks first

"Before getting into a taxi, prepare the wheelchair"

Push it close to the taxi

remove all the detachable parts if necessary and possible including the detachable leg rest and arm rest

Then push the wheelchair as close to the taxi as possible

"After positioning the wheelchair properly, don't forget to lock the wheelchair"

Still remember the technique for transferring elder from bed to wheelchair?

"In a limited space, we had demonstrated the front approach assisting method"

The carer should put his hands under the shoulders of the elder and reach the shoulder blades on the upper back

Get as close to the elder as possible

"Keep your back straight, tighten up the abdomen and stand with wide base"

After communicating with the elder

"give the command ""1, 2, 3"""

"As we have shown you before, support the shoulders of the elder"

The carer should point one foot towards the destination

that is the seat of the taxi

and the other foot pointing to the wheelchair

Transfer the elder by shifting the weight to the seat of the taxi

Help him to sit properly

Remember to mind his head

Make sure it doesn't hit the taxi door

Then put the legs of the elder into the taxi

During the whole process
the carer should remember to keep his back straight
and avoid bending or twisting the trunk
Even when putting the legs of the elder into the taxi
the carer should keep his back straight
Let's see the whole process again
After the elder has got into the taxi
the carer can ask the driver for help and
put the wheelchair into the boot
If the wheelchair can be folded
fold it up first
And lock the wheels
Remember to stand with wide base
and keep your back straight when folding the wheelchair
Place the wheelchair near the boot
Then the carer and driver should both stand with wide base and knees bent
"with one foot pointing to the destination, which is the boot"
Hold the non-detachable or non-moveable parts of the wheelchair
such as the wheelchair body or fixed wheels
"straighten your back, tighten up the abdomen and stand with wide base"
"The carer should give the command ""1, 2, 3"""
"Then, the driver and the carer can lift the wheelchair together at the
same time"
and put it horizontally into the boot
To take the wheelchair out from the boot
reverse the steps in putting it in
Let's see the whole process again
When taking the wheelchair out
"keep your back straight, tighten up the abdomen and stand with wide base"
Point one foot to the place where you intend to put the wheelchair
After getting the wheelchair out and opening it
place it as close to the taxi as possible and locked
Help the elder to move out a bit
so he can sit at the edge of the seat
Turn him until he faces outside
and help him to get off the taxi with feet first
Press the seat with one hand
The carer should approach the elder from the front

to help him transfer to the wheelchair
Let's see it from another angle
Apart from taxi or private car
elder wheelchair users sometimes have to use other modes of transport
such as a bus or the MTR
When getting on and off these vehicles
What should they look out for?
When travelling on the MTR
the carer should use an automatic and wide turnstile
Take the lift to access the platform
When getting in and out of the lift
check whether it is level with the floor
if they are not on the same level
use the method to going up and down kerbs
If there is no lift
the carer can contact the MTR staff
to use the wheelchair stair lift or stair climber
Once you reach the platform
use the portable ramps provided by the staff to board the train
Some train compartments have a special wheelchair parking space
The back of the wheelchair can be parked horizontally against the wall
of the train compartment and should be locked
"When taking the bus, the carer can ask the driver for help"
Board the bus via the ramp
and push the wheelchair inside
After getting on the bus
the carer should park the wheelchair at the space reserved for wheelchairs
Position the wheelchair as instructed and lock it
Then secure the wheelchair with a safety belt
For the Rehabus
wheelchair users can access the bus via the lift
"For information about these services, see Part VII ""Community
Resources"""