

## 18. Institution situations

The lifting and transfer techniques demonstrated earlier are suitable for elders who has mobility problem and requires only one carer for assistance

If the elder is relatively weak

And requires two carers in transfer

what are the important points to note?

"Firstly, prepare suitable assistive devices"

"and use them according to the "Eight Principles of Lifting and Transfer""

If there are no suitable assistive device

try some simple tools

like draw sheet or towel

"If used correctly, they can also facilitate the lifting process"

"For example, when shifting sideways on the bed"

the carer can use the draw sheet on the bed

When transferring

the first step is to move the head and lower limbs of the elder to the edge

of the bed one step at a time

"Similarly, if the elder's lower limbs are heavy or with stiff joints"

the carers can kneel on the bed with one leg to reduce the load on their backs

If possible

ask the elder to raise the buttocks and move towards the edge of the bed

Otherwise the carers can help the elder by using the draw sheet

The carers should keep their backs straight

and tighten up the abdomen

Stand with wide base and knees bent

As the direction of movement is backwards

Stand with wide base and knees bent

The carer should stand with one leg in front

and keep the elbows close to the waist

Squat down a little and propel with the lower limbs

to shift the weight backward

It helps the elder to move horizontally on the bed

When two carers are working together to transfer the elder

from bed to wheelchair  
the technique is similar to transferring the elder  
from bed to wheelchair by one carer  
"Firstly, tidy up and prepare the elder and the surroundings"  
Push the wheelchair close to the bed  
Remove all detachable parts  
such as detachable armrests and leg rests  
Position the wheelchair close to the edge of the bed at 45 degrees  
but pull it back a little  
to allow enough space for both carers to stand  
"After positioning it, remember to lock the wheels"  
In the following case  
the elder is quite weak or the carers' body build are relatively small  
assistance from two carers is required  
"To begin, the carers should help the elder to sit at the edge of the bed"  
"Similarly, assist her to shift her weight to one side"  
"Next, help her to move the other side of her bottom forward"  
then put her feet flat on the floor  
Bend her knee joints slightly so the knees are directly above the toes  
Both carers should keep their backs straight  
tighten up the abdomen and stand with wide base  
Each carer should have one foot pointing at the destination  
which is the wheelchair  
and stand firm in a T-stance  
"When working together, the two carers should have good mutual"  
understanding through prior communication  
"For example, the carer closer to the elder"  
should support most of his body weight  
Make sure it is clear  
who is giving the command  
and how the command is given  
"Remember, both carers should get as close to the elder as possible"  
Shift weight with the lower limbs  
so as to avoid over-stretching the upper limbs  
"Throughout the process, keep the back straight"  
As the carer who is standing farther away from the elder  
has to lean forward to reach the elder  
he needs to press on the armrest of the wheelchair

"Then, he moves away the same hand"  
to support the buttock of the elder  
The carer closer to her should  
put one hand on the lowest point of the hip bone  
to support her  
"Remember, support the buttocks but don't grab tight"  
"At this point, the carer responsible for giving command can count ""1,  
2, 3""  
Both carers should lift the elder by propelling with the legs  
When the elder's buttocks leave the seat  
the carer farther away can release his hand from the arm rest  
to support the hip bone of the elder on the other side  
This ensures that the elder is transferred to the wheelchair steadily  
Let's see the whole process again from another angle  
Pay attention to the circled parts  
After transferring the elder from bed to wheelchair  
if she is weak  
or her body build is larger than the carers  
assist her to sit into the wheelchair by two steps  
"Firstly, when transferring to the wheelchair"  
help her get more than half way in the chair first  
"Secondly, help her to sit back"  
Now let's see how two carers can help an elder to sit back  
This can also be applied for correcting an elder's sitting posture  
Both carers should face the elder  
and stand by her sides respectively  
"At the same time, they should each extend one hand through her armpit"  
to support her shoulders  
and use the other hand to press on the armrests of the wheelchair  
This helps in the leverage  
They should be as close to the elder as possible  
"Remember to keep the back straight, tighten up the abdomen"  
stand with wide base knees bent and propel with the lower limbs  
Since it is to move forward  
the carers should stand with wide base with one leg straight ahead  
and the front foot should point forward  
"At this point, the carer responsible for giving command should count ""1,  
2, 3""

Both carers should shift weight forward  
and propel together with lower limbs  
so as to position her to sit back in the chair  
Let's see the whole process again from another angle  
Pay attention to the circled parts