

From bed to chair: front approach

After helping the elder to get up from the bed
the next step is to transfer her to a wheelchair
Do not overlook this step
For both the positioning of the wheelchair and
every movement there are some points to remember
The first case is an elder with weak legs
The carer will help her to transfer to a wheelchair
Then help her sit up straight with the whole back against the back rest
Let's take a look
If the elder has weak legs
you should approach her from the front and transfer her to the wheelchair
This also applies to other situation
"For instance, the elder is weak on one side"
but you have to transfer her to a wheelchair on that side
Or you have to manoeuvre in a very small area
"As with the "Eight Principles of Lifting and Transfer" shown earlier"
First of all
remove all obstacles
Help the elder to be prepared
such as putting on shoes
And don't forget to assess her physical condition
If the height of the bed can be adjusted
adjust it to the level of the wheelchair
"Of course, explain what you're going to do to the elder so she is prepared"
Pull the wheelchair closer
Get it close to the bed at 90 degrees
This allows ample space for transfer
Then lock the wheels
and ask her to sit as close to the edge of the bed as possible
"If she needs help, the carer can support her shoulder with one arm"
and support the bottom of her hip bone with the other hand
Then squat with one leg forward
Propel with your lower limbs
and keep the back straight while you are moving her forward
Move each of her left and right side forward a little at a time
Repeat the process until she gets close to the edge of the bed

Position her feet properly
with the knees more or less directly above the toes
"Next, depending on the elder's ability and"
her height relative to the carer's
guide her to position her arms correctly
It is important that she does not pull at the carer
otherwise both of you might lose balance and get injured
The carer should support the elder's shoulders firmly
One way of doing this is to support them with your forearms
"This is Principles Four and Five of the "Eight Principles of Lifting
and Transfer""
"As for posture, the carer must keep her back straight"
Tighten up the abdomen and bend knees slightly
Depending on the strength of the elder's lower limbs
the carer can use different methods
to support her knees with your knees
Stand with wide base
The forward foot should point to the elder
the rear foot should point to the wheelchair
or to the wheelchair while transferring
"Then the carer should give the command "one, two, three""
Lift the elder with your arms
Remember to propel your upper body with your lower limbs at the same time
When her buttocks have just got off the bed
you can transfer her to the wheelchair
Note that during the course of transfer
the elder's body does not have to be completely standing straight
Let's look at the whole process again
Pay attention to the circled parts
particularly the carer's arm movement
when she is supporting the shoulder blades of the elder
how the carer moves her feet
how the carer keeps her back straight
and the distance between the buttocks of the elder and the wheelchair