

Sit up straight in the chair: back approach

The following demonstration shows how the carer can help the elder to sit back from the front edge of the seat so she can sit properly with her back against the back rest

If two carers are required or assistive devices are used

Please refer to Part V of this DVD for details

"First, cross her arms in front of the chest"

The carer should extend her arms under the elder's armpits and hold her forearms gently

Do not grab too forcefully or it might cause injury

Note that both the elder and the carer should lean their bodies slightly forward

The carer supports the shoulders of the elder from underneath with her forearm

Do not press on her chest or pull her forearms

Never pull backwards in a jerky manner or it may cause injury to the elder and yourself

The carer should keep her back straight and put one leg forward to stand with knee bent at wide base

"If the elder can cooperate, the carer should give command"

Support her with your forearms and help her to sit up straight in the chair

"During the whole process, the carer should not arch her back"

And the elder does not need to stand up completely

She only needs to lift her buttocks slightly off the seat

This is the example of propelling by the lower limbs in "the "Eight Principles of Lifting and Transfer""

Get into position with the forearms as support

the carer can straighten her back

tighten up the abdomen and bend the knees

Remember

propel with the lower limbs

As long as you extend the lower limbs slowly you can easily help the elder to sit up straight against the backrest

Let's see the whole process again

Pay attention to the close-up particularly how the carer holds the forearms of the elder gently

where she supports her shoulders
and how she propels with the lower limbs