

From bed to Chair: side approach

There are other methods which can also help the elder to get into the wheelchair
"as long as you follow the ""Eight Principles of Lifting and Transfer""
"Now, let's look at how a carer helps the elder who has weakness on one side"
transferring from bed to wheelchair
If the elder is stronger on one side
you should help from his weak side for the transfer
"Again, remove all obstacles and help the elder to get prepared"
And don't forget to assess the elder's physical condition
Pull the wheelchair closer and lock the wheels
Get it close to the edge of the bed at 45 degrees
"The closer it is, the shorter the distance of transfer"
If the wheelchair is placed at 90 degrees
the transfer distance would be greater for the elder
It would make the process longer and more difficult
"At 45 degrees, it's easier for the elder to lean forward this way"
He can put his arm on the armrest
making it easier to lift the buttocks and transfer to the wheelchair
Make sure his feet are placed flat on the ground
Guide him to sit close to the edge of the bed
To help him move closer to the edge of the bed
use the methods shown in Part III above
or press against the bed with his strong upper limb
while shifting his weight left and right slowly
Moving a little bit at a time
and repeat the process until he gets close to the edge of the bed
"Position his feet properly, with the knees more or less above the toes"
"In this case, the elder"
has a strong right leg
and weak left leg
Push the wheelchair to his right side
Ask him to put his hand on the armrest on the far side
"This is Principle Two of the ""Eight Principles of Lifting and Transfer""
It's important to explain and guide him

The carer should extend her arm under the armpit of the elder
and support the shoulder with her forearm
The important point is to support his upper limb from underneath and do
not pull
Support his hip bone with the other hand at the buttock
"According to the third principle of the "Eight Principles of Lifting
and Transfer""
"the carer should keep her back straight, tighten up abdomen and bend
knees"
With one foot pointing to the transfer destination
which is the wheelchair
Then propel with the lower limbs
This can avoid excessive trunk twisting and bending
and lessen the load on the back
Make sure there is clear understanding between the carer and the elder
"For example, transferring to the wheelchair by counting "one, two,
three""
"and move at the count of "three""
The carer should straighten her bent knee
and bend the straightened knee
so as to change direction and shift weight
Keep the back straight
Lift the buttocks of the elder just off the seat
He doesn't need to stand up completely
Then transfer to the wheelchair
Let's see the whole process again
Pay attention to the close-up
particularly the carer's supporting the shoulders of the elder with
forearms
how to keep her back straight
and how she propels force with the lower limbs and changes her stance