

**From sitting to standing and walking: with assistance**

**From standing to sitting: with assistance**

For elders with overall weakness

such as those who have had a stroke or have lower limb problems

standing up from a sitting position

may be difficult

If this is done correctly

the whole process will be easier

"First, remove all obstacles along the path"

and prepare the crutch

Usually the crutch should be put on the strong side

Both feet should rest flat on the floor and be placed backward slightly

"In other words, bend the knees slightly so they are directly above the toes"

to form a straight line

with the hand on the strong side pressing the armrest of the chair

The carer should stand on the weak side of the elder

and support his shoulder with her hand from underneath

The other hand should be placed on the hip bone of the elder

to push slightly forward and upward

After communicating with the elder

"the carer can give the command ""one, two, three"""

Help him to shift the body weight slightly forward

then stand up

"The same rules apply, the carer should keep her back straight"

Stand with wide base and knees bent

with the fore foot pointing to the front

Propel with the lower limbs

"After standing up, the elder can start walking"

"During walking, the carer should stay on his weak side"

and gently support the shoulder with one hand

Remember not to pull his arm

or you might injure his shoulder

Support his hip with the other hand

"When walking, the elder should keep his back straight"

and look forward

If he has good coordination and lower limb power

he can move the crutch and the weak leg at the same time  
then follow with the strong leg  
Another way is to move the crutch one step forward  
then start walking with the weak leg and  
"follow with the strong leg, and so on"  
Let's see the whole process again  
Pay attention to the circled parts  
particularly how the carer supports the elder with her hands  
and the steps for the elder to walk with the crutch  
If the elder is going to sit down  
he should walk towards the chair until the back of his legs touch the chair  
Put one hand on the chair  
The carer supports his shoulder upwards with one hand  
and supports his hip with the other hand  
Help him to shift his body weight forward  
then bend knees with him at the same time  
to help him sit down slowly  
Whether you are using a crutch or other walking aids  
The method is the same  
But if the elder is too weak  
to stand up  
he should not walk