

From supine lying to sitting at the edge of bed- without assistance

If an elder has mild impairment on one side of his body

and he can get out of bed and walk on his own

The following method can be a reference

"Firstly, he can use the strong leg to assist bending the weak leg"

Use the hand on the strong side to put the weak hand across the body

Then turn and get up with the strong hand

Let's review the whole process

If he is weak on one side

it's safer to put the chair on the strong side than on the weak side

The chair should be positioned at 90 degrees to the bed

"Firstly, the elder should rest his legs properly"

with knees directly above his toes

"Next, put his hand of the strong side on the armrest of the chair"

Shift weight forwards and transfer to the chair