"According to the "Eight Principles of Lifting and Transfer" when transferring the elder
if resources allow
it's best to use assistive devices
such as an electrical hoist
to reduce the strain on joints of the carer's joints
"No matter what devices you use, they must suit the elder's level of mobility"
and do encourage them to participate
so that their function would not degenerate so much due to disuse
If you want to assess an elder's mobility and condition
and choose an appropriate way of transfer
consult a physiotherapist
"Before transfer, check the elder's current condition"
"If she has an unhealed bone fracture, dislocated joint"
"or pain, take extra care"
Do not exert force on these areas
"If she has tubing attached, be careful not to pull the tube"
Position the urine bag properly to avoid urine backflow
"In the following, we will demonstrate how to apply"
"the "Eight Principles of Lifting and Transfer" when using an electrical hoist"
through an example of transferring an elderly person who cannot participate actively
"Firstly, prepare the chair and tidy up the surroundings"
Remove all obstacles along the path
Make sure the hoist has sufficient power reserve
and is in good working condition
Please note that different hoists may be operated by different methods
"For example, some hoists can be safely operated"
without locking the wheels
"First, raise the bed to the level of the hip joint"
Use the lifting method shown earlier
The carers should keep their back straight and get in a firm stance with one leg forward
or kneel on the bed. Put one hand on the outside of her pelvis
and the other hand at the back of the shoulder to help her lie on the side. Similarly, the carers should mind their own postures and avoid pulling the shoulders of the elder. When she is lying on the side, roll up and fold the sling and place it underneath her back. Assist her to turn back to supine lying and propel with the lower limbs to help her turn. Hook the straps so as to suit her posture upon arrival at the destination. "Next, press the electrical hoist to lift her up." Both arms should be inside the sling. If she cannot cooperate, pay extra care and attention when lifting so as to prevent injury. When the sling reaches the destination, the carers should operate the hoist to lower the elder. "Finally, release the sling." It’s important that no matter what assistive devices you are using, always maintain a proper posture. That means keep the back straight and tighten up the abdomen. Get as close to the elder as possible. Move the hoist with lower limb strength and keep the sling stable while transferring. Make sure she does not hit any objects. "In addition, the destination chair or wheelchair" must be securely positioned against the wall or another stable furniture. "Alternatively, ask another carer to hold the chair or wheelchair firmly." Remember the lifting and transfer method should be based on the "Eight Principles of Lifting and Transfer." Apply them flexibly according to different situations. If in doubt, consult a physiotherapist. Before using the electrical hoist, the carers must be properly trained. Improper use may cause serious injury to both the carers or the elder. Such electrical hoist should be installed by professionals. "It should be checked, maintained and repaired regularly." There are different types of electrical hoist with different dimensions.
and operation methods
Carers must read and follow instruction manuals
Consult an occupational therapist if there is any query
There are two kinds of electrical hoist:
mobile hoist on the floor or the ceiling hoist
Mobile hoists on the floor require more space for turning
A suitable size of the sling must be chosen
The loop extension of the sling
can be used according to the conditions of the elder
Every hoist has an emergency stop button
to stop the hoist in an emergency
"Besides, there are assistive devices"
which can help the elder to maintain a correct sitting posture
One of it is the seat cushion
Seat cushions can raise the seat level
so that the elderly can stand up easily and
maintain the correct sitting posture
It can also relieve the pressure on the buttocks and prevent bed sores
Put the seat cushion on the chair or wheelchair when sitting
Various kinds of seat cushions are available commercially
Common ones are foam cushions
gel cushions and air flow cushions
Seek advice from an occupational therapist before purchase
Another assistive device is the one-way glide
It can prevent the elder from sliding forwards when seated
It should be used with a chair suitable for the elder
Just put the one-way glide on a chair
and let the elder sit on it
Please note
the one-way glide must be placed according to the direction indicated
There are many other kinds of assistive devices in the market
which can be used to assist elder who are bed-bound or physically weak
Specially designed assistive devices can let the carers work more safely
and smoothly and lessen the chance of strain
Seek advice from an occupational therapist before purchase
Bed on castors may be used in residential care settings
Please remember to lock the brakes before any lifting and transfer
Beds with adjustable bed height can help in the transfer process
or caring procedures

Turn slide with cover is commonly used
It makes turning for elder much easier
Place the turn slide with cover under the elder who is lying in bed
"Put head, arms and legs of the elder in right positions before turning"
The carer stands at the bedside
Hold and pull one side of the slide to turn the elder
"If there is no bedrail on the other side, ask another carer to help" to prevent the elder from falling off the bed
Before lifting and transfer
carers must receive proper skills training
Following the Eight Principles of Lifting and Transfer
and be aware of proper posture to ensure the process is smooth and safe
Patient handling sling is commonly used
It can provide two holds for carers
and let them keep the back straight during lifting and transfer
and lessen the chance of back injury
Put the patient handling sling under the buttocks of the elder
The carer holds the sling tightly
then lifts and transfers the elder to the chair
Another common assistive device is the transfer belt
It provides proper holds for carers
Put a transfer belt of the right size on the waist of the elder
Adjust the belt to fit the body
The carer holds the belt tightly and uses correct lifting and transfer techniques
then lifts and transfers the elder to the chair
In residential care settings
commode can be used to assist elders in bathing or toilettng
There are two kinds of commodes
Bedside fixed commode without castor and mobile commode on castors
To prevent fall on the way to toilet at night
a fixed commode can be placed at the bedside for the elder
Please note the following when using a fixed commode
"Firstly, the commode should be placed near the bed against the wall"
"Secondly, the seat height of the commode should match that" of the bed to facilitate transfer
The mobile commode has castors
The carer can push the mobile commode for the elder to move from bedroom to bathroom.

"When using the mobile commode on castors, obstacles should be removed" "e.g. armrests, footrests"
it should be placed near the bed against the wall
The brakes must be locked before transferring the elder to the commode
"When seated, the armrests and footrests can be put back"
the brakes can be released before pushing the commode
the arms of the elder should be put inside the armrests to avoid injury
There are various kinds of fixed and mobile commodes
Consult an occupational therapist about the correct application before purchase
From the above illustrations you would have learned the basis in looking after a mobility-impaired elder
"For example, I've explained from a physiotherapist's perspective" the principles and approaches of different transfers techniques and how to raise the awareness and improve the safety of both the carers and the elder I've shown you correct postures and how to protect your back to reduce the risk of injury and unnecessary strain I've also explained how to assist the elder to use walking aids and wheelchairs so as to improve their mobility and expand their scope of activities and social circle "If you have any question," including doubts about the correct methods and techniques for lifting or transfer choosing a walking aid and wheelchair or assessing the ability or risks of carers the elder or staff who need to lift heavy objects seek advice from a physiotherapist "I, an occupational therapist" have explained how to select and use the assistive devices properly to raise the awareness of both carers and the elder on environmental barriers in the home enhance home safety
and increase the independence of the elder
I have introduced assistive devices for carers working in residential care
settings to ease the process of lifting and transfer
reduce the fatigue of carers
lessen the chance of injury and strain to the elder and carers
improve occupational safety and avoid strain to carers
Seek advice from occupational therapist on
the selection and use of the most appropriate assistive devices
"And yes, practice makes perfect"
This is true for every technique or device
Therefore you should practise more
If case of doubt
seek advice from a professional. Never act in haste