STANDARD TRANSFER STRATEGIES



<u>Using a Gait or Transfer Belt</u>

- **There are two types of gait belts: one that clips; one that has a buckle much like a belt;**
- **Always make sure the gait belt is placed around the waist, not under the arm pits;**
- **Fasten the belt, then adjust the tightness**
- **The gait belt needs to be snug, and not too loose.**

FOR ADDITIONAL INFORMATION:

See Video: **CATEGORY 1-Transfers And Ambulation-Video 8-Gait Belt Use-(Using A Gate Belt Safely And Efficiently On Any Size Person)**

TRANSFERS

Doing a Transfer – The Goal of a Transfer is to easily move from sitting or standing in one location to sitting or standing in another.

Use this approach if the following transfer situations:

*** Chair to bed**

*** Wheelchair to Toilet**

*** Commode to Chair**

*** Wheelchair to Tub Bench**

*** Wheelchair to dining chair**

PROCEDURE – Let the elder do as much for herself as possible, over time working to increase the amount they are able to do on their own as they learn the strategy and improve in their strength and flexibility with practice.

1. **Greet the elder and explain what you are going to do and what you want them to do to help. Keep instructions simple, such as "I want you to stand up, turn, and then sit."**

2. **Make certain the wheel chair is locked or other seats (or walker if being used) are stabilized. When possible, the wheel chair or another chair should be at a 45-degree angle to the other surface.**

3. **Secure the transfer belt around the elder's waist and clasp in front.**

4. **Ask the elder to scoot to the edge of the surface, or help assist them to scoot. You may need to use mini-lifts to carefully help them get there (put**

your hands carefully under the elder's buttocks and slide them to the edge of the seat).

5. Place your feel apart so that you are stable, then lower yourself to the elder's level. Hugging the elder, grasp the belt from the back or by the handles with both of your hands.

6. Make sure the elder's feet are underneath them. (Try for their knees being bent 90 degrees or more) and their trunk is leaning forward (nose over toes). You may need to gently assist the elder into the correct position. Instruct them or help them to place their hands on the arms of the chair or seat in preparation for pushing to stand up.

7. Tell the elder you want them to stand on the count of 3. Rock back and forth with the elder, counting aloud to 3. On the count of 3, gently assist the elder over his feet USING YOUR LEGS, NOT YOUR BACK to support the movement. The elder should be pushing to stand with both his arms and legs. (Never have the elder put his hands around your neck – this is dangerous for you.)

8. Direct the elder to reach for the arm of the chair or seat if they can, and sit when they feel the edge of the chair (or bed, or toilet) against their legs.

9. Lower yourself with the elder as they sit down. Make sure the elder is secure on the seat, sitting all the way back in the chair. Be sure they are balanced on the bed or tub bench or secure on the toilet before you remove the belt.

FOR ADDITIONAL INFORMATION:

See Video: **CATERGORY 1-Transfers And Ambulation-Video 5-Stand Pivot Transfer-(How To Do An Assisted Stand Pivot Transfer)**

See Video: **CATERGORY 1-Transfers And Ambulation-Video 4-Bed To Wheelchair-Transfer-(Bed to Wheelchair Transferring)**