

Safe Bed and Tub/Shower Transfers

- **TRANSFER, DEFINITION: MOVE FROM ONE PLACE TO ANOTHER**

- Standing up from side of bed, getting up from recliner, sitting down in wheelchair, etc.

- **PAY ATTENTION TO FLOOR SURFACES**

- If throw rugs can be moved by kicking with a toe, they are not safe and should be removed.

- Use rubber-backed rugs on hard surfaces. Avoid rug-on-rug, but if absolutely necessary, secure throw rug with carpet tape.

- Wear shoes or good-fitting slippers on hard surfaces.

- **INSTALL SECURE HANDHOLDS WHERE TRANSFERS HAPPEN**

- Side of bed, Living room chair, sofa

- **BED TRANSFER:**

- (Off of bed)

- Roll onto side, toward edge of bed

- Grab handhold if available; or raise onto elbow

- Slide feet off side, and push up

- Very important!! Sit on edge of bed for a few minutes to allow for BP to adjust.

- Slip into shoes or slippers, or wear non-skid socks in bed.

- Stand up using walker or bed handle. Check balance before walking!

- (Caregiver assist w/wheelchair):

- Position wheelchair against side of bed, on person's stronger side if applicable.

- Lock the wheelchair brakes and remove footrests to create clear space.

- Apply a gait belt, stand directly in front of them with your feet on either side of theirs.

- On an agreed verbal cue, assist them to stand up.

- Guide them to pivot into the wheelchair, cue them to reach back for armrests, and lower onto seat.

- To transfer into bed, again position wheelchair so stronger side is facing bed, if applicable.

TUB SAFETY:

- Check equipment prior to using to ensure it is stable, secure, and clean.

- Clear your path to be able to move around safely.

- Put all needed items within reach while you're bathing; secure the shower wand using a suction-cup dock or clip onto shower chair.

- Position a rubber mat in the tub. (Or apply non-slip decals on the tub floor)
- Put down a non-skid, absorbent bath mat—NOT a towel!
- Pace yourself, and only shower during the time of when your energy level is best.



Resources:

-<https://www.sralab.org/articles/blog/10-tips-to-make-your-bathroom-safer-aging-place>

-<https://www.grabbars.com/toilet-grab-bar-placement-guide/>

-Installation services: search online for “install grab bars near me”

-Katy's Kloset: (for online requests) teamupwithfamilies.ezrentalstore.com
or call 262-746-9034