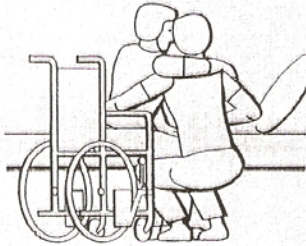


Stand pivot

© Tony Pelosi and Margaret Gleeson 1988

1



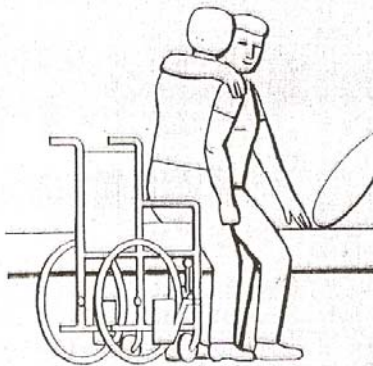
Park chair at 45° angle to bed. Brakes on, near side arm-rest removed and footplates swung away. Leave room for helper.

Helper: Crouch beside person's right side and put person's right arm over your shoulder. Put your left arm around person's back and grasp waistband.

Person: Put left hand on bed. Keep left foot slightly forward.



2



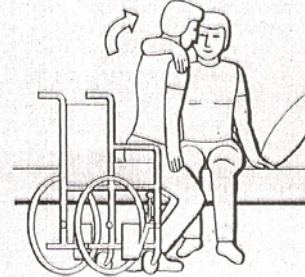
On command '1-2-3-stand', Stand up together.
Person: Pivot feet around, until facing away from bed.

Helper: Shuffle feet around while person pivots.

CHAIR TO BED

MUCH ASSISTED
One helper required

3



Helper: Make sure backs of person's legs are against bed before squatting down to assist person to sit on bed.

NOTE

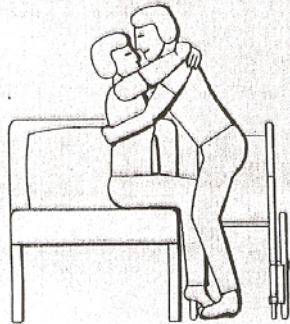
1. Movement should be in the direction of the stronger side, which is the left in this example.
2. A rotating board may be useful (see Ch.3).
3. This manoeuvre should only be used when helper and person are similar in size.



BED TO CHAIR

MUCH ASSISTED
One helper required

1



Park chair alongside bed. Brakes on, near side arm-rest removed and footplates swung away.
Helper: Help person forward towards edge of bed. Take person in a shoulder-blade grip, and position feet and knees so that person's feet and knees are blocked from slipping forward or bending.
Person: Put arms around shoulders of helper.

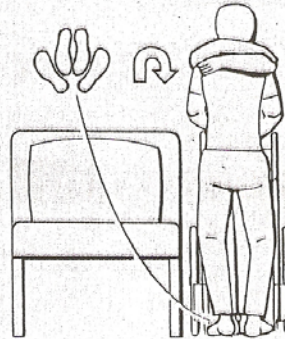


2



Helper: Squat down slightly. On command '1-2-3-stand'
Helper: Make sure of balance, and stand up to assist person to stand.
Person: Keep head bent forward and grip on shoulder of helper to stand up.

3



When balanced, together pivot slowly around, making sure person's knees are prevented from bending.

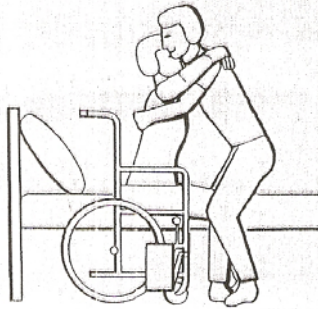
4



Helper: Make sure backs of person's legs are against chair before sitting. Put one hand on front of person's hip and push forward to help person sit down.

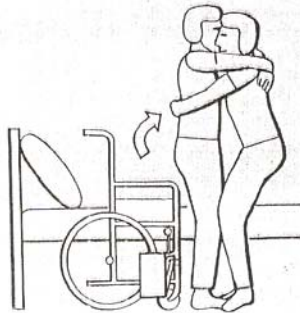
NOTE
A rotating board may be useful (see Ch.3).

1



Park chair alongside bed. Brakes on, near side arm-rest removed and footplates swung away.
Helper: Help person forward towards edge of chair.
Take person in a shoulder blade grip and position feet and knees so that person's feet and knees are blocked from slipping forward or bending.
Person: Put arms around shoulders of helper.

2

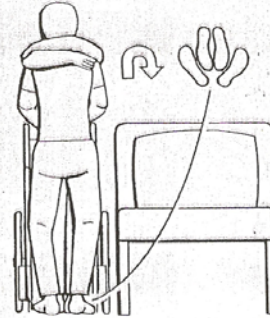


Helper: Squat down slightly.
On command '1-2-3-stand'
Helper: Make sure of balance, and stand up to assist person to stand.
Person: Keep head bent forward and grip shoulders of helper to stand up.

CHAIR TO BED

MUCH ASSISTED
One helper required

3



When balanced, together pivot around, making sure person's knees are prevented from bending.

4



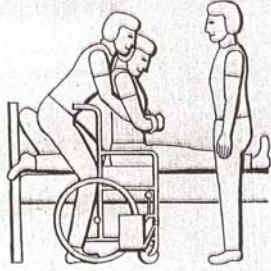
Helper: Make sure backs of person's legs are against bed before sitting. Put one hand on front of person's hip and push forward to help person sit down on bed.

NOTE
A rotating board may be useful (see Ch.3).

BED TO CHAIR

MUCH ASSISTED
Two helpers required

1



Park chair parallel to and against bed. Brakes on, near side arm-rest removed and footplates swung away.
Helper 1: Stand behind chair on bed side of wheelchair handles. Put bed side knee on bed, point other foot in direction of chair and bend knee slightly. Take person in a through-arm, wrist crossed-over grip.

3

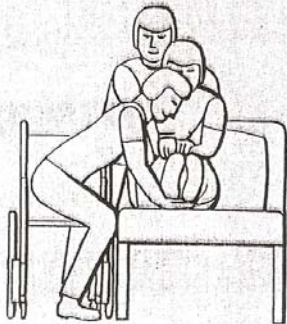


On command '1-2-3-lift'

Helper 1: Lift person up and onto chair, by rocking your weight from bed to supporting leg.
Helper 2: Straighten knees and lift person over to chair. Squat down to lower person into the chair. If necessary, take a couple of steps backwards between bed and chair.

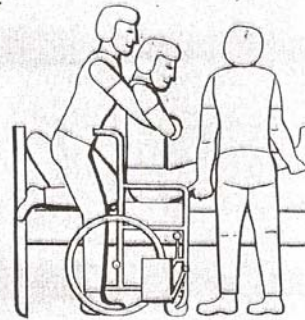


2



Helper 2: Stand facing bed with knees bent. Slide one hand under person's thighs, and the other under heels.

3a



NOTE
The taller helper should be behind the chair.

1



Park chair parallel to and against bed. Brakes on, near side arm-rest removed and footplates swung away.

Helper 1: Stand behind chair on bed side of wheelchair handles. Put bed side knee on bed, point other foot in direction of chair and bend knee slightly. Take person in a through-arm, wrist crossed-over grip.

3



On command "1-2-3-lift"

Helper 1: Straighten supporting leg and rock weight over onto bed side knee as you lift person up and over onto bed.

Helper 2: Straighten your knees and lift person up and over onto bed. If necessary, take a couple of steps forward between chair and bed.

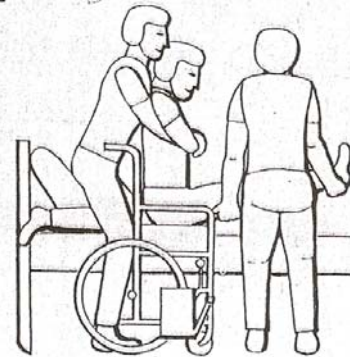


2



Helper 2: Squat down beside person's legs facing bed. Slide one hand under person's thighs and other hand under heels.

3a



NOTE

The taller helper should be behind the chair.