

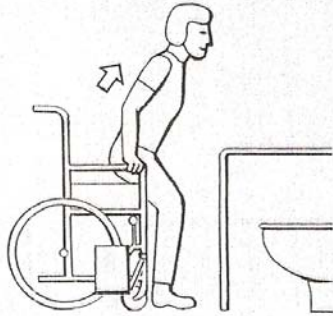
CHAIR TO TOILET

UNASSISTED

Stand pivot

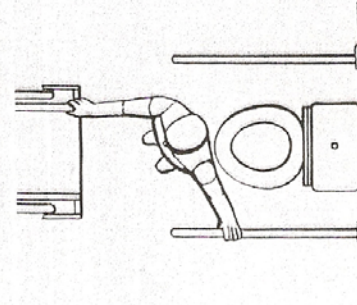
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1



Park chair facing the toilet, brakes on and footplates swung away. Put both hands on arms of chair and push up into standing.

3



Move right hand first to other arm-rest and then to other rail.



2



Put left hand onto diagonally opposite rail. Walk feet around to face in opposite direction.

4



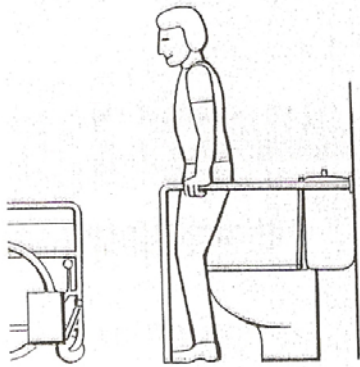
Arrange clothing. Make sure back of legs are against toilet bowl, then sit down.

NOTE

1. Because toilet areas are usually small, this transfer is shown, but where space permits, park the chair at a 45° angle to the toilet.
2. An overpedestal stool with hand supports can be used as an alternative to rails.
3. Movement should be in the direction of the stronger side, which in this example is the left.
4. A rotating board may be useful (see Ch. 3).

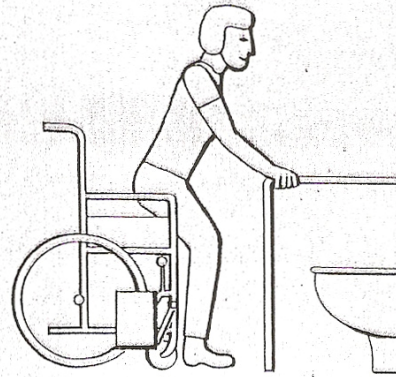
TOILET TO CHAIR UNASSISTED

1



Park chair facing toilet, brakes on and footplates swung away. Put hands on rails and pull up into standing. Arrange clothing.

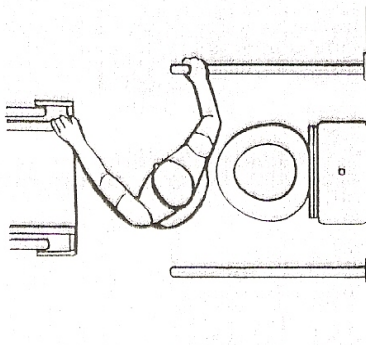
3



Move right hand first to other rail and then to arm-rest as you pivot around.

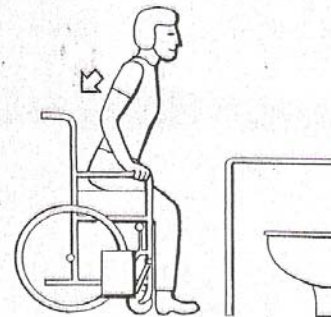


2



Put left hand onto diagonally opposite arm-rest. Walk feet around to face in opposite direction.

4



Make sure back of legs are against the chair before sitting.

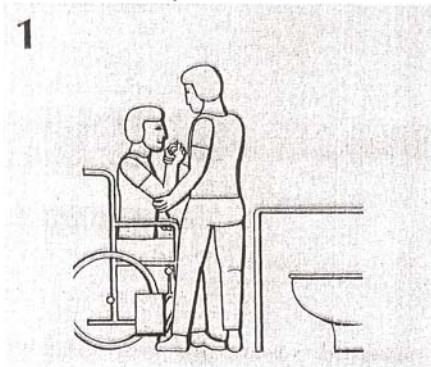
NOTE

1. Because toilet areas are usually small, this transfer is shown, but where space permits, park chair at a 45° angle to the toilet.
2. An overpedestal stool with hand supports can be used as an alternative to rails.
3. Movement should be in the direction of the stronger side which is the left in this example.
4. A rotating board may be useful (see Ch. 3).

CHAIR TO TOILET

PARTLY ASSISTED
One helper required

1



Park chair facing the toilet, brakes on and footplates swung away. Leave room for helper.

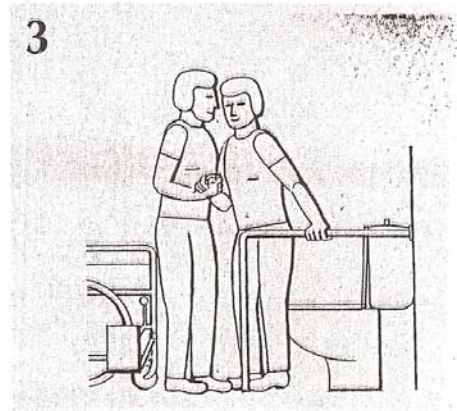
Helper: Stand to the right of person and grasp the person's right hand in your right hand with a thumb-through grip. Put your left hand under person's arm. Make sure your right foot is pointing across in front of person, and left foot is pointing under chair.

Person: Put left hand on arm-rest of chair.

Stand

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3



Together walk feet around until person's legs are against toilet bowl. Arrange clothing.

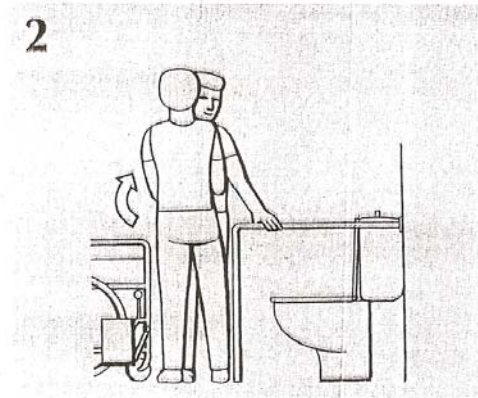


aadi



SAARTHAK

2



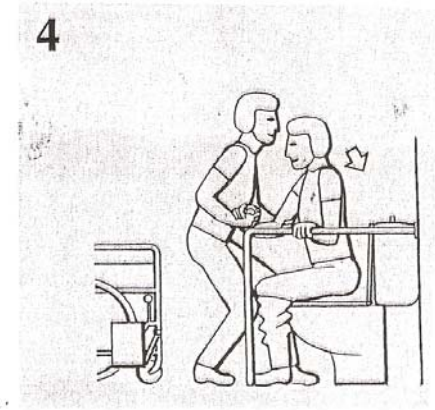
On command '1-2-3-stand'

Person: Push on arm rest and pull on helper's hand to stand up.

Helper: Allow person to take weight on hand and assist person into standing.

Person: Transfer left hand to rail.

4



Helper: Lunge toward toilet as person sits down.
Person: Sit down holding onto rail.

NOTE

1. Because toilet areas are usually small this transfer is shown, but where space permits park chair at an angle to the toilet.

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

1



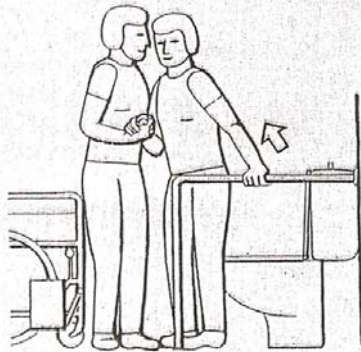
Park chair facing toilet, brakes on and footplates swung away. Leave room for helper.

Helper: Stand on right side of person and grasp the person's right hand in your right hand with a thumb-through grip. Put your left hand under person's arm. Make sure your left foot is pointing to the toilet and your right foot is pointing across in front of person.

Person: Put left hand on rail.



2



On command '1-2-3-stand'

Person: Pull on rail and helper's hand to stand up.

Helper: Allow person to take weight on hand and help person into standing. Arrange clothing.

TOILET TO CHAIR

PARTLY ASSISTED
One helper required

3



Together walk feet around until backs of person's legs are against chair.



4



Helper: Lunge towards chair as person sits down.

NOTE

1. Because toilet areas are usually small this transfer is shown, but where space permits park the chair at a 45° angle to the toilet.

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

Stand block pivot

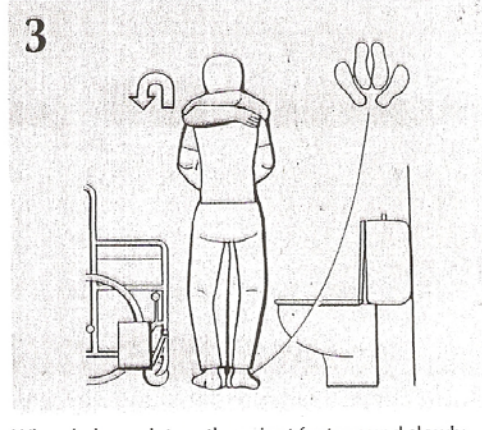
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1
Park chair facing the toilet, brakes on and footplates swung away. Leave room for helper.
Helper: Position feet and knees so that person's feet and knees are blocked from slipping forward or bending. Hold person in a shoulder-blade grip.
Person: Put arms around shoulders of helper.



2
Helper: Squat slightly.
On command '1-2-3-stand'
Helper: Stand up to help person stand. Arrange clothing.



3
When balanced, together pivot feet around slowly until the backs of person's legs are against the chair seat.



4
Helper: Push on front of person's hip to ensure better sitting position.

NOTE

1. Because toilet areas are usually small this transfer is shown, but where space permits park chair at 45° angle to the toilet.
2. A rotating board may be useful (see Ch. 3).