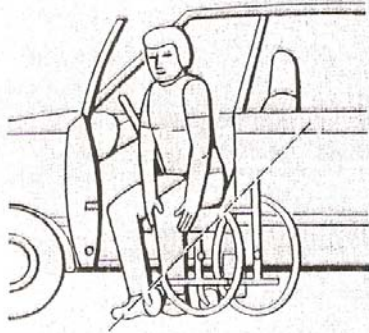


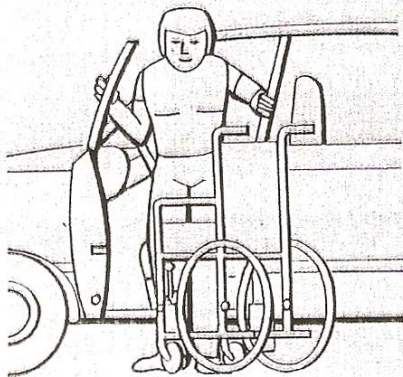
1



Remove car side footplate and arm-rest. Park chair as close as possible to car at a slight angle. Put brakes on. Put feet on ground and move toward edge of seat. Wind window down.



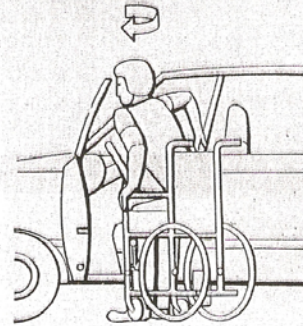
2



Pull on door pillar and door edge to stand up.

## CAR TO CHAIR UNASSISTED

3



Transfer grip from door pillar to far arm-rest and other hand to door pillar. Pivot around until legs are against chair before sitting.

**NOTE**

1. Transfer is easier if car and chair are on same street level.
2. Opening window gives a useful emergency grip area.
3. It is assumed that some help is available to position the chair.
4. A rotating board may be useful (see Ch. 3).

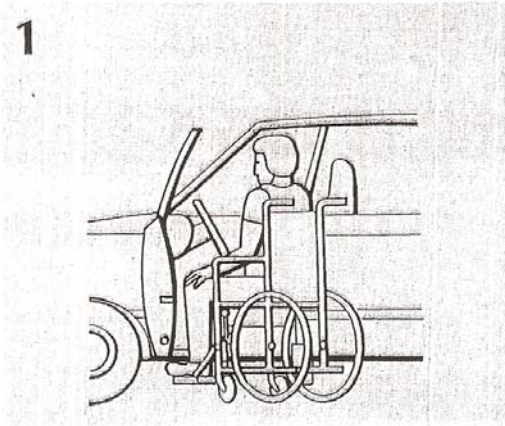


## CHAIR TO CAR UNASSISTED

Stand pit

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1



Remove car side footplate, put both feet on remaining footplate and park chair as close to car as possible and at a slight angle to car. Put brakes on, remove car side arm-rest. Wind window down.

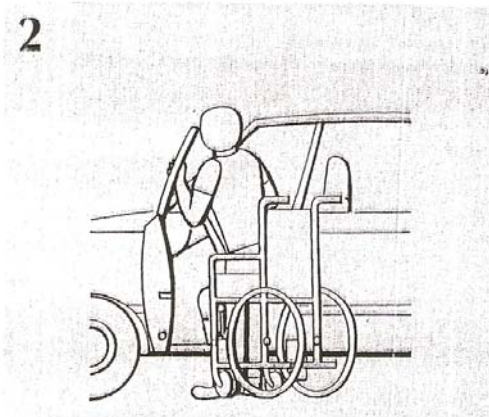
3



Pivot on feet so that backs of legs are against car. Bend head forward and sit down on car seat.



2



Put feet on ground and remove other footplate. Pull on windscreen pillar and door edge to stand up.

4



Lift legs into car.

### NOTE

1. Transfer is easier if car and wheelchair are on the same street level.
2. Opening window gives a useful emergency grip area.
3. It is assumed that some help is available to remove wheelchair.
4. A rotating board may be useful (see Ch. 3).



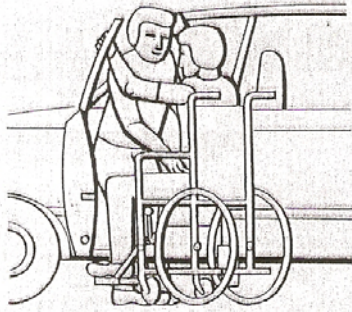
# CHAIR TO CAR

PARTLY ASSISTED  
One helper required

Stand pivot

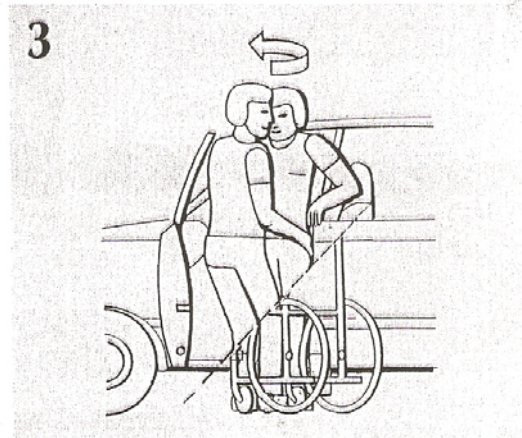
© Tony Pelosi and Margaret Gleeson 1988

1



**Helper:** Remove car side footplate and arm-rest. Park chair as close as possible to car and at a slight angle (leave room for helper). Put brakes on. Wind window down.  
**Person:** Hold onto windscreen pillar and door edge.  
**Helper:** Hold waistband of person.

3



**Person:** Pivot on feet until backs of legs are against car. Transfer left hand to door pillar. Bend head forward and sit down on car seat.

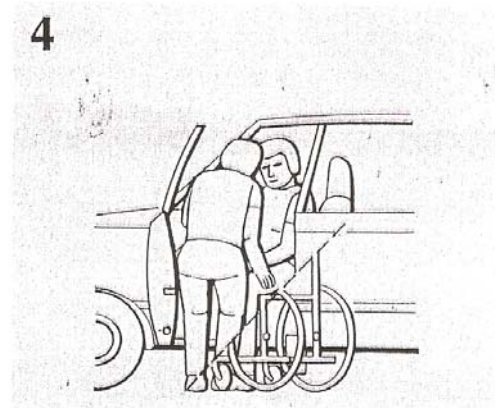


2



On command '1-2-3-stand'  
**Person:** Pull on hand holds to stand up.  
**Helper:** Assist by pulling on person's waistband.

4



**Helper:** Assist person to pull feet in car.

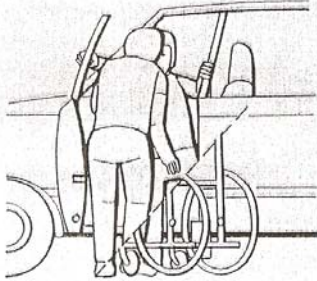
**NOTE**

1. It is important to make sure person has head bent forward in this manoeuvre.
2. Transfer is easier if car and wheelchair are on same street level.
3. Opening window gives an emergency grip area.
4. A rotating board may be useful (see Ch. 3).

and pivot

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1



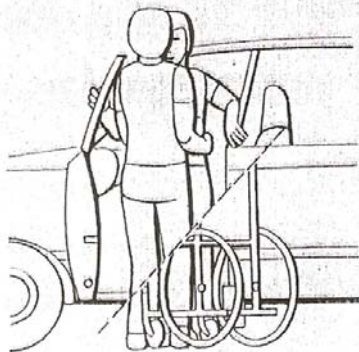
**Helper:** Remove car side footplate and arm-rest. Park chair as close as possible to car at a slight angle (leave room for helper). Put brakes on. Wind window down.

**Helper:** Assist person to put feet on ground.

**Person:** Move forward towards edge of seat. Keep head bent forward. Hold onto door edge and door pillar.



2



**Helper:** Squat slightly.

On command '1-2-3-stand'

**Person:** Pull on hand holds and stand up.

**Helper:** Hold onto waistband, stand up by straightening knees.

## CAR TO CHAIR

PARTLY ASSISTED  
One helper required

3



**Person:** Pivot around until backs of legs are against chair. Swap left hand to arm of chair and right hand to door pillar. Use these supports to sit down.

**Helper:** As person sits, push gently at front of hip to ensure better sitting position.

### NOTE

1. Transfer is easier if car and wheelchair are on same street level.
2. Opening window gives an emergency grip area.
3. A rotating board may be useful (see Ch. 3).

