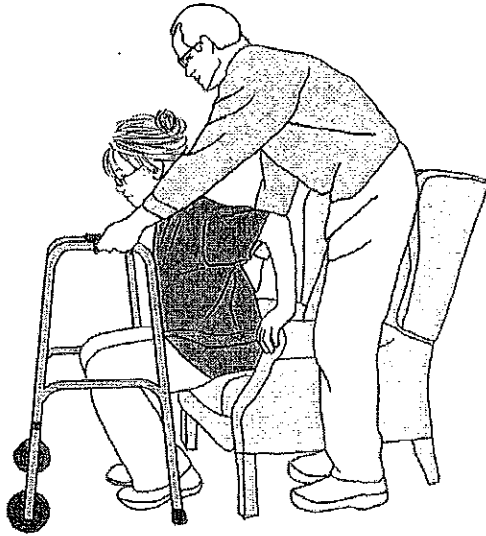
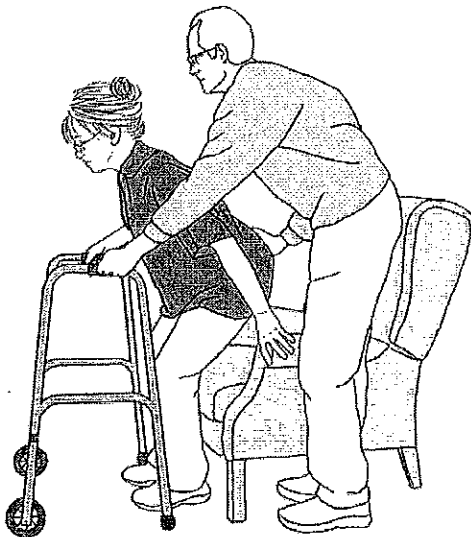
 **Saint Elizabeth** *Well beyond health care*
Occupational Therapy TOOLKIT
Standing Up with Help on the Left Side



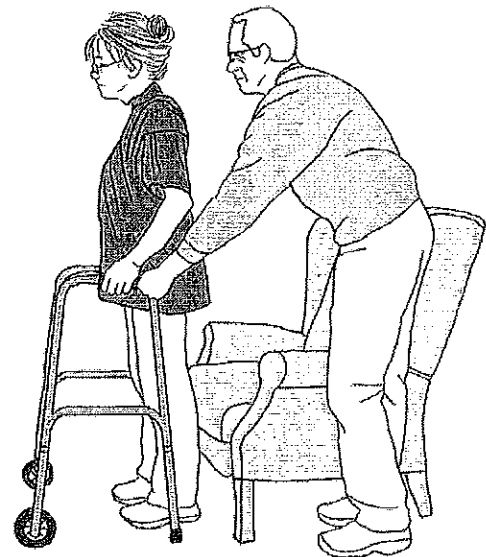
1. Your caregiver will stand on your left or weaker side. They will hold onto the walker and your transfer belt and help you scoot forward in your chair.



2. Your caregiver will help you lean forward with your “nose over toes.” You will push up from the armrests.



3. Your caregiver will help you to stand up.



4. Make certain you have your balance before walking.

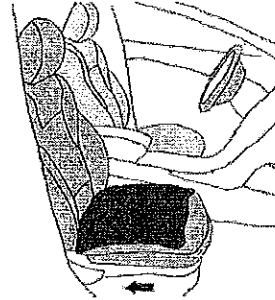


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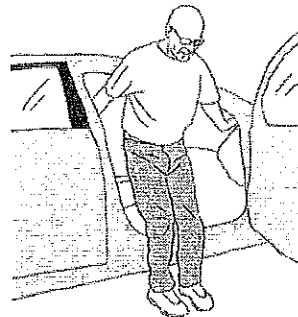
Occupational Therapy TOOLKIT

Transfers In and Out of a Car

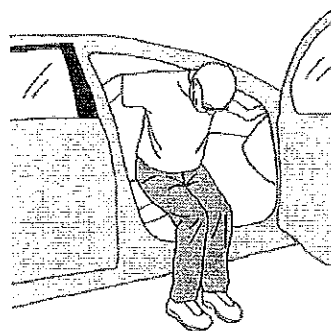
1. Position the car seat back as far as possible. Use a cushion or pillow on the seat to raise the sitting surface. Use plastic trash bag on the seat to make it easier to slide.



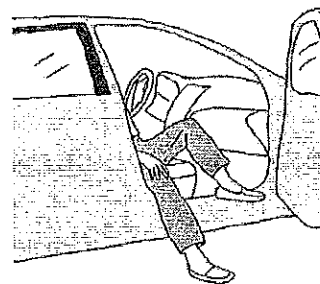
2. Back up to the car until both of your legs are touching the seat of the car.



3. Place one hand on the dashboard and one hand on the back of the seat. Tuck your head and lower yourself onto the edge of the seat.



4. Move back onto the seat as far as possible. Lift your legs into the car one at a time. Maintain any precautions you have been instructed to follow.



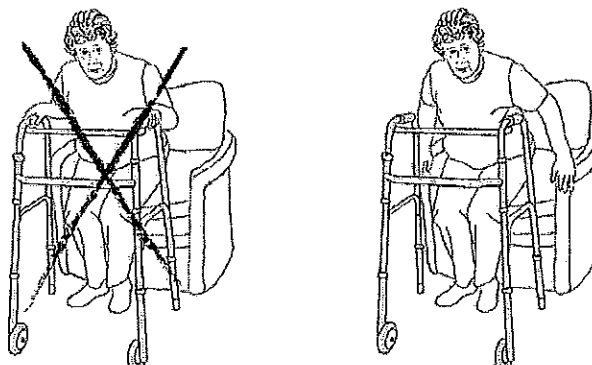
Reverse this procedure to exit the car.

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Occupational Therapy TOOLKIT

Using Your Walker Safely

General Safety Tips

Don't lean on your walker when getting up or sitting down, because it could tip over. Instead place your hands on the chair arms and push up to a standing position before you grab the walker.



Keep your walker close to you at all times.

When using a rolling walker, place the wheels to the inside. You will have an easier time navigating through doorways and near furniture.

Replace the walker's rubber tips when they show signs of wear.

Safe Pathways

Keep the pathways in your home clear of throw rugs, clutter and cords. They could catch on the walker and cause you to trip.

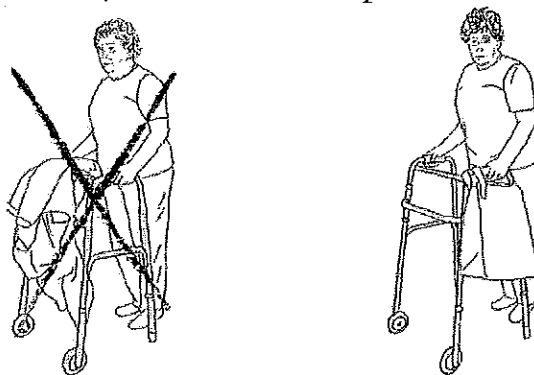
Arrange your furniture to allow you to move freely with the walker.

Avoid walking on rugs that have been placed on top of carpeting.

Carrying Items

When walking, keep both hands on your walker at all time for balance. If you need to carry items, use your pockets, hang a small purse or shoulder bag over one side or purchase a basket, tray or bag designed for a walker.

Try not to overload your walker, because it could tip forward.



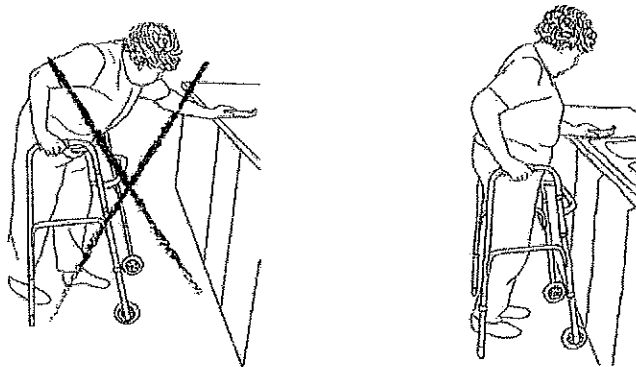
1 of 2

Occupational Therapy TOOLKIT

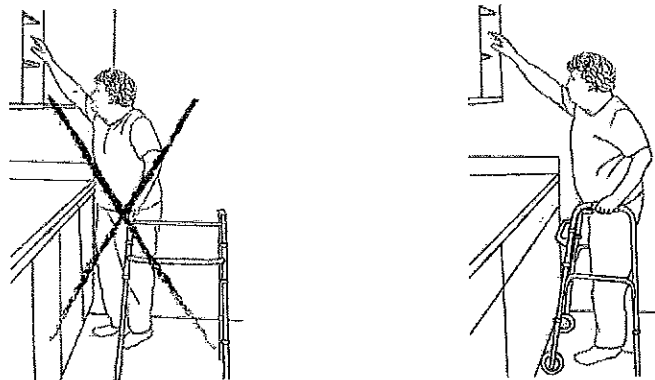
Using Your Walker Safely

Reaching Safely

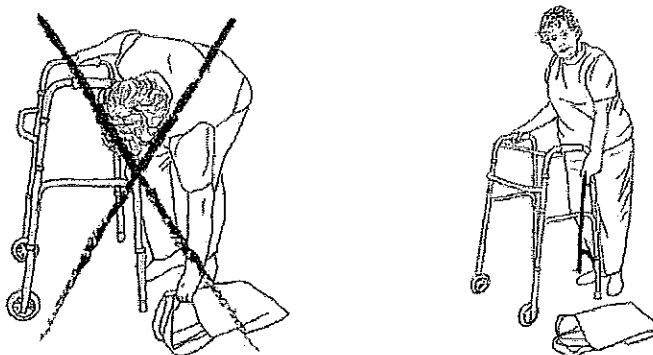
When reaching for an item located in front of your walker, get as close as possible or use a reacher to get it.



Avoid reaching to the side from your walker, instead turn yourself and the walker to face what you need to reach.



Avoid bending over to pick something up from the floor, instead use a reacher.



Occupational Therapy TOOLKIT

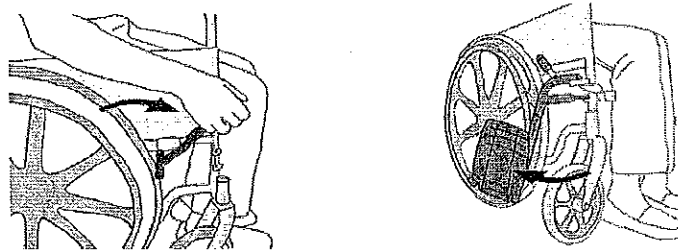
Using Your Wheelchair Safely

General Safety Tips

Apply the brakes when sitting in your wheelchair, and when transferring. If the brakes are too difficult to lock completely then purchase brake extensions or use a piece of PVC pipe for a lever. If your brakes are not holding strongly, then have them repaired.

Wear the seatbelt when you are in the wheelchair.

Before you transfer or stand up from your wheelchair, move the footrest to the side or remove them completely. Don't just flip up the footplate as they can trip you.



Safe Pathways

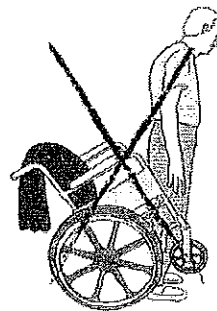
Keep the pathways in your home clear of throw rugs, clutter and cords. Arrange your furniture to allow you to move freely with the wheelchair.

Carrying Items

If you need to carry items, tuck a small purse or shoulder bag at your side or purchase a bag designed for a wheelchair.

Keep loose objects or lap cover away from the wheel spokes.

Don't put heavy loads on the back of a your wheelchair. It may make the wheelchair tip over backwards when you stand up.

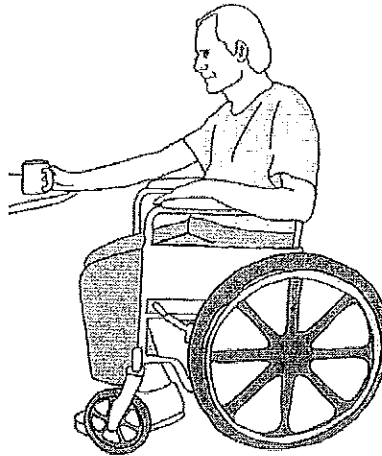


Occupational Therapy TOOLKIT

Using Your Wheelchair Safely

Reaching Safely

Position your wheelchair as close as possible to the desired object. Lock the brakes and position the front wheels forward. Reach only as far as your arm will extend without changing your sitting position.



Never pick up an object from the floor by reaching between your knees. Do not lean over the top of the back upholstery as this may cause you to tip over. Use a reacher to pick up objects from the floor.

