



**RESCUE**

Resources & Education for Stroke Caregivers'  
Understanding & Empowerment

# Lifting and Transferring Techniques

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# Objectives

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You will learn:

1. Steps to lift and transfer your loved one.
2. Rules to safely lift and transfer.
3. Ways to protect yourself from injury while lifting and transferring.

# Things to Remember

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- Always tell your loved one what you plan to do.
- Encourage them to do as much as he/she is able.
- Do not rush! Allow plenty of time for transferring.
- Work with the physical therapist or the health care team. Follow their treatment plan.

# Things to Remember

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- Contact the health care team if you do not feel you can safely transfer your loved one. You can also call the VA Caregiver's Support Line ([1-855-260-3274](tel:1-855-260-3274))
- ***NEVER, NEVER, pull on your loved one's affected or "weak" arm!***

# Subluxation

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- Subluxation occurs when the bone in your upper arm “falls out” of the shoulder joint.
- A normal shoulder joint is held together by muscles. These muscles may be weak on the side of the body affected by a stroke.
- When a stroke survivor’s weak arm is pulled during transferring, it can cause subluxation.

# Preparation is Key!

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- Your loved one should wear well-fitting, non-skid footwear.
- Lock wheelchairs and beds so they won't slide.
- Place your loved one's unaffected or "strong" side toward the chair he/she is moving toward.
- Use good body mechanics for lifting.
  - Keep your back straight
  - Bend your legs to avoid injuring your back.

# Bed to Chair Transfer

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1. Place the chair or wheelchair parallel to the bed and as close as possible.
2. Lock the wheelchair and lower the bed if possible.

# Bed to Chair Transfer

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3. Assist your loved one to roll onto his/her side.



4. Support your loved one with one hand across his/her upper back and another under his/her knees.



# Bed to Chair Transfer

5. In one smooth motion, bring him/her to a sitting position with his/her legs dangling off the bed.



# Bed to Chair Transfer

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6. Have your loved one sit on the bed for a few minutes. Make sure he/she is not dizzy.
7. Stand in front of your loved one.

# Bed to Chair Transfer

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8. Place your feet on either side of his/her affected or “weak” leg. Keep your feet shoulder width apart.

9. Keep your body close to him/her. Wrap your arms around his/her upper body.



# Bed to Chair Transfer

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**10.** Explain to your loved one that you are going to help him/her stand up. Encourage him/her to push with their legs.

**11.** Count “1-2-3”. On “3” rock your weight back and help them to a standing position. Keep your back straight and legs bent.



# Bed to Chair Transfer

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12. Pivot and turn with your feet (not your back) so your loved one is aligned to sit down in the chair.



# Bed to Chair Transfer

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13. Ask your loved one to reach and grasp the arms of the chair. Slowly help him/her to sit down.



# Bed to Chair Transfer

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14. Make sure that he/she is sitting in the center of the chair. His/her hips should be all the way back against the back of the chair.

*For **Chair to Chair** transfers just follow steps 7-14.*

# Wheelchair to Car Transfer

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1. Put the wheelchair parallel to the car if possible.
2. Encourage your loved one to do as much as possible.
3. Put your body close to your loved one. Wrap your arms around his/her upper body. Lift with your legs, not your back!



# Wheelchair to Car Transfer

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4. Tell your loved one that you will help him/her stand up. Encourage your loved one to push with his/her legs.
5. Rock your weight back and help him/her to a standing position. Keep your back straight and legs bent.
6. Pivot and turn with your loved one so they are aligned to sit down in the chair.

# Wheelchair to Car Transfer

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7. Tell your loved one to grasp a safe handle in the car for support.
8. Place your loved one's affected arm and leg in a natural and supported position in the car. Adjust the seat if needed.
9. Make sure to buckle the seat belt!

# Wheelchair to Car Transfer

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- Here is a helpful video showing you how to transfer a person from a wheelchair to a car.

Click on this link to go to the video:

<http://www.stroke4carers.org/?tag=car-transfers>

# Gait Belts

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- Gait belts can help you lift and move your loved one.
- Gait belts are simply wide and soft belts that can be placed around your loved one's torso (not under his/her shoulders).
- Gait belts can help you lift your loved one by grabbing the belt.

# Slide Boards

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- Slide boards are boards that can be tucked under your loved one's buttocks on one end. The other end is placed on the surface you are transferring them to.
- Your loved one then “slides” on the board from one surface to another.

# Slide Boards

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- Slide boards prevent you from having to lift your loved one to a standing position to transfer him/her.

Click on the link below to watch a video on how to use a slide board.

<http://www.youtube.com/watch?v=6x-qwtUaxXk>

# References

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