

Steps to help a person sit on the side of the bed

1. As a person caring for someone in the home, you need to know a person's activity restrictions, while still trying to keep them active. In the case of helping a person to sit up, know how often the doctor wants the person to sit up and get out of bed.
2. If you plan to help the person to a chair after they sit up, be sure the chair is ready in position, before you start.
3. If you care for a person who has pain, give them their pain medicine about 30 to 45 minutes before they plan to sit up. This will then make it much easier for them to move.
4. Wash your hands.
5. As you stand on the side of the bed, have the person turn on their side towards you. You want the person to face the side of the bed where he or she will be sitting.
6. If the person needs help to roll on their side, bend their leg on the far side, have the person reach toward you with their arm on the far side, and then assist him or her in rolling toward you.
7. Persons who require help to sit up, will vary in the amount of assistance they need. Always ask the person to help you as much as possible.
8. If you have a hospital bed in the home, raise the bed to the level of your hips, and then raise the head of the bed 30 degrees. This will reduce muscle strain as you help the person sit up.
9. Stand opposite the person's hips. Turn so you face the person and the far corner of the head of the bed.
10. Place your feet apart with the foot closest to the bed, in front of the other foot.
11. Place your arm nearest the head of bed under the person's shoulders, supporting their head and neck. Place your other arm around and over the person's upper legs.
12. Remind the person to help you by taking their top arm and to push up on the mattress when you start to sit the person up. Tell them to push up on the count of three.
13. On the count of 3 move the person's lower legs and feet over the side of bed, pivoting toward the rear leg, allowing the person's upper legs to swing down. At the same time, shift your weight to the rear leg and raise the person to a sitting position. Keep your own back in a naturally straight position. Your legs should do the lifting work.
14. Have the person remain sitting for a few minutes. Ask if they feel dizzy or uncomfortable in any way. Have them move and stretch their feet.
15. If the person feels comfortable and has no dizziness, you are ready to transfer them to a chair. If they are dizzy and the dizziness does not go away, have them lie back down. Dizziness can be a sign of heart or circulation problems.
16. If the dizziness continues while they are lying down or the person loses consciousness, call their doctor.

17. To return a person to bed, place your arm nearest the bed under the person's shoulders while supporting the head and neck. Take your other arm and place them under the person's knees. Bend your knees.
18. Tell the person to help lift the legs when you begin to move. On a count of three, standing with a wide base of support, raise the person's legs as you pivot their body and lower their shoulders onto the bed. Remember to keep your back straight.
19. Help the person assume a comfortable position and offer to have them sit up again at a later time.

Steps to Transfer a Person from a Bed to Chair (People Who Can Stand)

1. Prepare the following equipment:
 - a. A transfer Belt (you can buy one at a medical equipment store),
 - b. stable non-skid shoes like a pair of tennis shoes, and a
 - c. Chair with arms or a wheelchair
2. When you help a person move from a bed to a chair, do not do this alone if the person is very heavy (for example, over 200 pounds). Have someone else help you, if you can.
3. If the person you care for has had rehab to learn how to transfer, follow the recommendations of the therapist.
4. Before you start to get the person into a chair, position the chair at a 45 degree angle next to the bed. When a person has one leg stronger than the other, always place the chair closest to the stronger leg. When using a wheelchair be sure to lock the wheels once it is in place.
5. Assist the person to sit on the side of the bed (for this technique, see our video on Helping a Person sit on the Side of a Bed).
6. Place the transfer belt around the person's waist. Be sure it is snug but not too tight.
7. Help the person put on their pair of nonskid shoes. Once the shoes are on, have the person place their strong leg forward, keeping the weak foot back.
8. Standing directly in front of person, spread your feet apart for balance. Then flex your hip and knees aligning your knees with the person's knees.
9. If you do not have a transfer belt, place your arms around the person's back and clasp your hands together, hold the person close to you.
10. When using a transfer belt grasp it along the person's sides, and tell him or her on a count of three you will have them stand as they push up from the mattress.
11. On a count of three, keep your knees slightly flexed and rock the person up to a standing position as you straighten your hips and legs. Have the person push up from the mattress with their hands.
12. If one of the person's legs is weak, stabilize it with your own knee.
13. After the person feels secure standing, slowly back him or her into the chair, stepping first with the foot closest to the chair. Have the person reach back for the armrests on the chair for support while easing into the chair.
14. Flex your hips and knees while lowering the person into the chair. Do not try to stand straight and lean them into the chair, they may fall and you may become injured.
15. Once the person is in the chair, make sure they are seated back as far as they can go. Encourage them to sit up for an extended period of time and have them exercise their feet and legs while they sit.
16. If you have to leave the person's side keep a small bell nearby so they can call out when they need your help to go to the bathroom or return to bed. Urge the person to use the bell and **not** try to get up by themselves. This could result in a fall.

Steps to Transfer a Person from a Bed to Chair (People who Cannot Stand)

1. If the person you care for has had rehab to learn how to transfer, follow the recommendations of the therapist.
2. Prepare the following equipment:
 - a. A transfer Belt (You can buy one at a medical equipment store),
 - b. Sliding board – (Different designs are available; hands slots for grasping, rubber pads to prevent slipping between bed and chair, longer boards for transferring to a car or bathtub – you can buy one at a medical equipment store)
 - c. Wheelchair with a removable arm rest or a chair with no arms
3. Place a wheelchair or a chair with no arms next to the bed, with the side of the chair against the side of the bed mattress. If you have a wheelchair, be sure to lock the wheels, then remove the arm from the chair on the side next to the bed.
4. If possible have the seat of the chair level with the top of the bed mattress. When you have a hospital bed at home, lower the bed so it is level with the chair.
5. Assist the person to sit on the side of the bed (for this technique, see our video on Helping a Person sit on the Side of a Bed).
6. Place the transfer belt around the person's waist. Be sure it is snug but not too tight.
 - a. If the person is strong enough to transfer to the chair on their own, you will not need the transfer belt.
7. Even though the person cannot stand, have them put on shoes for comfort..
8. If moving to a wheelchair, remove the armrest on the side nearer the bed.
9. Place the sliding board across the bed and chair. Be sure the board overlaps the chair and mattress so that it will not slip out of place.
10. Grasp the transfer belt along the person's sides, or if you do not have a transfer belt, place your arms around the person's waist to help guide them.
11. Stand in front of the person and place your legs on the outside of the person's legs. Have the person place one hand on the sliding board and the other on the mattress surface.
12. Bend your knees and on a count of three have the person use their arms to scoot across the board from the bed to the chair. If they are struggling to move across the board try to have them lean their head and shoulders opposite to the way they want their hips to move.
13. Once the person is in the wheelchair, replace the arm. The person can then use both arms to push back into the chair.
14. Whatever type of chair the person is using, make sure they are seated back as far as they can go. Sitting back prevents the person from slipping off the chair. Encourage them to sit up for an extended period of time.
15. When someone is just beginning to get out of bed, start with a shorter period of time sitting up and increase that time every few days to increase their strength and endurance.

16. If you have to leave their side for awhile, keep a small bell nearby so they can call out when they need your help. Urge the person to use the bell and **not** try to get up by himself or herself. This could result in a fall.

Steps to Help a Person Walk Safely

1. Before you help a person to walk, first ask if he or she feels light-headed or dizzy. Dizziness is a common cause of falls. If the person feels ready to walk, clear a pathway to make it easy to walk.
2. Place a chair along the route you are walking, in case the person tires easily.
3. When helping the person to stand up, put your arm closest to the person behind their shoulders. Bend your knees slightly, then have the person stand.
4. While you are standing on their strong side, tell the person you will start out walking together slowly, to make sure they are stable.
5. If the person becomes dizzy or unsteady. Have them sit down. Otherwise, have the person take a few steps while you stay on their strong side.
6. If you are unsure of the person's stability and balance, apply a gait belt before they stand. Be sure it is snug but not too tight.
7. Assist them to stand by grasping the gait belt. Bend your knees slightly as they stand.
8. When walking, grasp the gait belt in the middle of the person's back or place your hand along their back.
9. Take slow even steps. Walk slightly behind the person. Do not let the person lean to one side, this alters balance and can lead to a fall.
10. If the person uses a cane or walker, stand on the person's strong side. In that way, if they start to fall you can easily pull them toward their uninjured or strong side.