Wheelchair Transfer with Assist Instructions

A. This is a gait belt. A therapist will teach you how to use this to help transfer someone.

B. 1. Put gait belt on person.
2. Have person scoot to edge of chair or bed.
3. Reach around person.
4. Put one hand on belt and one by the shoulder blade.
5. Put your knee up against the person’s weak leg.
6. Count to three and tell the person to stand.
7. Pull up on gait belt.
8. Keep blocking the person’s weak knee by keeping your knee up against it.

C. 1. Keep a firm hold of person.
2. Continue to block the weak knee.
3. Tell them what you’re doing and then begin to turn toward chair or bed.
4. Move your feet with the person while turning. Avoid twisting.

Continued
D. 1. When fully in front of chair or bed, have person reach back for surface with strong arm.
   2. Slowly lower person down.

E. If the person is using a walker, place it in front of them, then
   1. Have the person scoot to the edge of the bed or chair.
   2. Stand next to the person.
   3. Place the gait belt on the person and reach around them to hold onto the belt from behind.
   4. Ask the person to push up from the bed or chair.
   5. Once standing, have the person reach for the walker.

Safety rule
Never let the person you are helping hold onto you during a transfer activity. This is important for two reasons. First, if the person holds on to you, you may both fall. Second, the person you are caring for may become unnecessarily dependent upon you for support. Instead of holding on to you, suggest the person hold something solid like the bed, installed grab bars or other stable items.

Source: American Heart Association