

**05**

**BUILDING CONFIDENCE WHEN  
ASSISTING PEOPLE TO MOVE**

# BUILDING CONFIDENCE WHEN ASSISTING PEOPLE TO MOVE

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In this section, we discuss how to keep yourself and others safe when assisting people to move. Clicking on the underlined topic will take you straight to that page.

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## Disclaimer:

This module is designed to provide entry level content and more complex care/caring needs or specific issues should be addressed by a health professional.



Clicking this home button will bring you back to this page

Getting help from different professionals can help to make your job as a carer easier. It can be a good idea to talk to your doctor about your specific care needs and the needs of the person you support.

## Physiotherapy

Physiotherapists are experts at safe body positions and assisting people to move. They help with exercise programs and mobility aids.



[CLICK HERE FOR MORE](#)

Speak to your doctor for a referral; call my My Aged Care on **1800 200 422** for an assessment; or visit [here](#).

## Occupational therapy

Occupational Therapists are experts at changing the home environment and providing equipment to make daily tasks easier and safer.

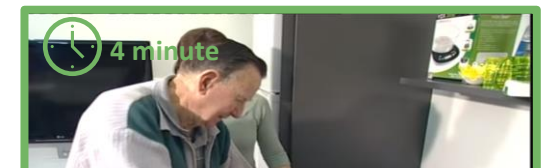


[CLICK HERE FOR MORE](#)

Speak to your doctor for a referral; call My Aged Care on **1800 200 422** for an assessment; or visit [here](#).

## Independent Living Centres

Independent living centres and large chemists have a range of equipment and aids. From walking frames to adapted cutlery to bathroom aids, and vision aids.



[CLICK HERE FOR MORE](#)

Call **1300 885 886**. Visit [here](#) for the details of the Blacktown display centre, which is now called Assistive Technologies Australia.



# THINKING ABOUT RISKS

## WHAT

Risks can come in many forms. They can be environmental, physical or emotional.

## WHY

Risks are things which make tasks more difficult or dangerous to complete. By understanding risks, we can help to reduce or eliminate them.

## WHEN

Most activities where we are assisting someone to move have high risks. This is because people are generally heavy and unpredictable.

### TIPS:



You should position yourself on the person's weaker side.



Chairs or wheelchairs with moveable armrests can have one armrest moved out of the way.

# TIPS ABOUT SAFETY AND PLANNING



## Practical tips on caring

This video gives practical tips on caring including planning, managing your environment and looking after yourself.



# ASSISTING PEOPLE TO MOVE SAFELY

## WHAT

If you're caring for someone who has trouble standing or walking, you may need to assist them to and from the shower, toilet, bed or couch. Lifting people safely means assisting them correctly so no one is injured.

## WHY

Assisting people to move can place you at risk of injury. Your back and shoulder are the joints most at risk of injury.

## WHEN

Every time you help someone to move you should follow the steps provided. Injury normally happens if you rush and do not take the right steps to keep yourself safe.

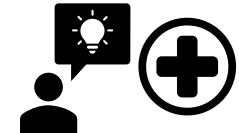


# QUESTIONS TO ASK YOURSELF

1. Are you confident assisting the person to move?



2. Does the person know what you are trying to do? Do they appear well?



4. Is the person wearing shoes or non-slip socks? Do they have glasses or hearing aids?



3. Is there enough space to do this task safely? Are there any hazards? Can you see?



5. Do you have all of the equipment you need?



If the answer to any of these questions is NO you should STOP and re-plan the task

See [page 3](#) for professionals who can provide advice.



# SAFE BODY POSITION

## WHAT

A safe body position is about how we hold our bodies when we sit, stand, lift, carry and bend.

Assisting people to move comes with an increased risk of injury. Backs and shoulders are the most at risk areas of the body. This is because backs and shoulders allow for lots of movement which means they aren't as stable as other joints.

## WHY

We need to know how to position our bodies when we move people to reduce the risk of injury to you and the person you are assisting.



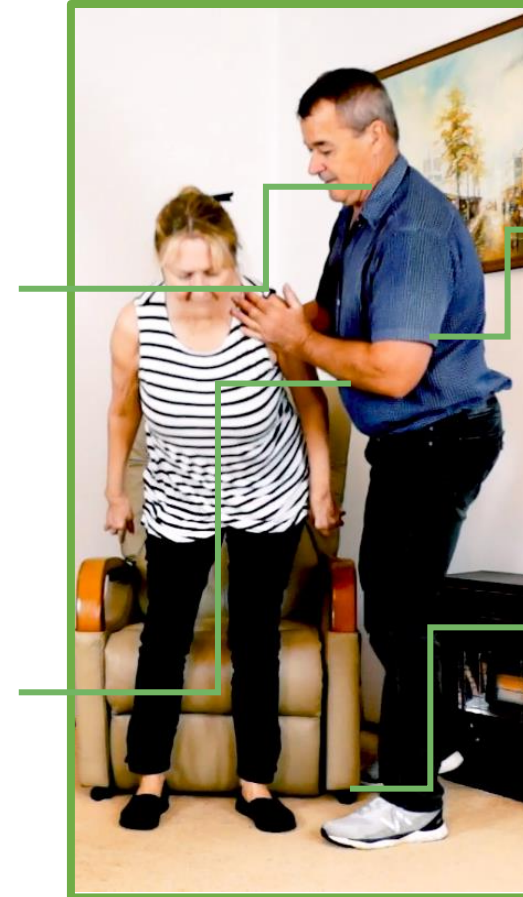
Staying in a safe body position is very important when we are moving something which is heavy, such as a person. It's also important if we do something for a long period of time or over and over again. See [page 7](#).



# BACK AND SHOULDER CARE

**1.** Try to keep your shoulders low and down by your side. There is a greater injury risk when your arms are away from your body.

**2.** Stand close to the person you are helping. That is the best way to keep your shoulders close to your body.



**3.** Stand up tall to keep your back in an upright position. This helps your back muscles work effectively and prevent injuries.

**4.** The best way to keep your back straight is by changing your feet position and bending at your hips and knees.

# ACHIEVING A SAFE BODY POSITION – DO THE FOLLOWING

Lift your chin up

Keep the person close to you

Breathe normally throughout the movement

Move your feet



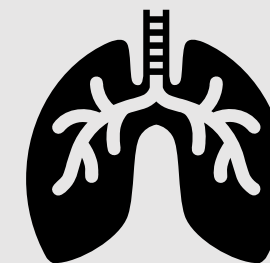
Keep your back straight

Bend your hips and knees

Feet at least shoulder width apart



## TIPS:



Breathe normally: This will help your core muscles to work well and prevent hernias.



Move your feet: This will ensure that you don't twist your back which can cause injury.



## VIDEO – INSTRUCTING SOMEONE HOW TO STAND UP





## VIDEO – ASSISTING SOMEONE TO STAND UP



# ASSISTING SOMEONE TO STAND UP AND SIT DOWN – TIPS

Here is some tips to make this task easier and safer:



**1.** If the person uses an aid, hand it to them or place it in front prior to standing. Lock the brakes.



**2.** Seats which are higher, have a firm surface and armrests are easier to stand up from.



**3.** Shoes or non-slip socks should be fitted prior to standing.



**4.** When preparing to sit, coach the person to sit down slowly. This reduces the risk of injury.



**TIP:** If you are trying to find ways to help you to assist people to move more easily, contact an allied health professional. See [page 3](#).

# ASSISTING SOMEONE TO STAND UP AND SIT DOWN – EQUIPMENT

Before buying equipment seek the advice of a health professional. Equipment that may be helpful:



## Mobility Aid

Mobility aids help people to gain balance and stay upright after standing. There are many different types.



## Transfer Belt

Transfer belts help you to move someone without causing injury. Choose a belt with a non-slip lining and buckle. They are easier to tighten.



## Mechanical Chair

A mechanical chair helps the person move from sit to stand, using the mechanical lift feature. This means that you do not need to provide as much assistance.



**TIP:** All equipment should be prescribed by an allied health professional to ensure it is the right fit. See [page 3](#). Equipment suppliers and help to pay for expensive equipment can be found on [page 39](#).

# ASSISTING SOMEONE TO STAND UP – GETTING READY

How you can get the person ready to stand:



1. Move towards the front of the seat or edge of the bed



2. Feet flat on the floor and shoulder width apart



3. Knees bent to at least 90 degrees



4. Hands placed on the arms of the chair or flat on the bed



5. Lean body forward so they are looking down at their toes



**TIP:** If you are unable to achieve this position talk to an allied health professional. See [page 3](#).

# ASSISTING SOMEONE TO STAND UP – FRONT VIEW

How you can work together to move into standing (Front View):



**1.** Stand close to the person and widen your stance. Bend your hips and knees. Remember to keep your back straight. Place your hands on the person's shoulder and lower back.



**2.** Talk to the person so they know what you are doing. Encourage them to push with their arms and legs. Give clear verbal instructions like '1, 2, 3, stand' or 'ready, steady, stand'.



**3.** Work with the person to assist them to standing.

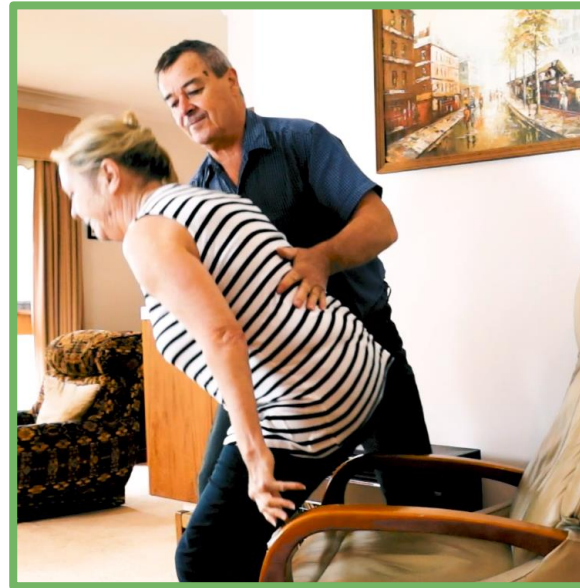


# ASSISTING SOMEONE TO STAND UP – SIDE VIEW

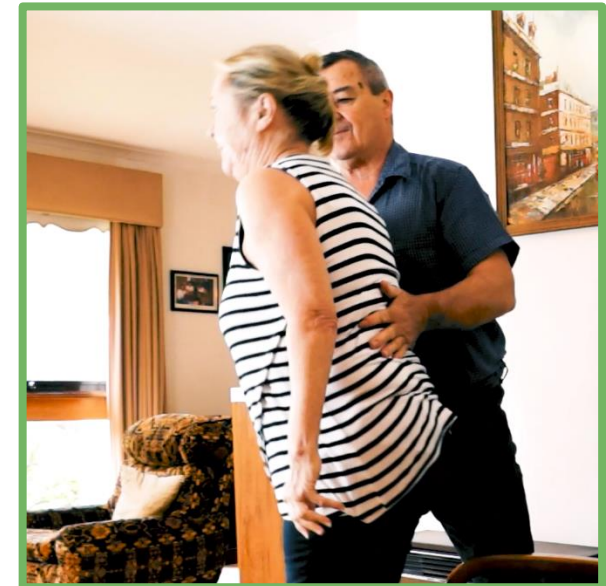
How you can work together to move into standing (Side View):



**1.** Stand close to the person and widen your stance. Bend your hips and knees and keep your back straight. Place your hands on the person's shoulder and lower back.



**2.** Talk to the person so they know what you are doing. Encourage them to push with their arms and legs. Give clear verbal instructions like '1, 2, 3, stand' or 'ready, steady, stand'.

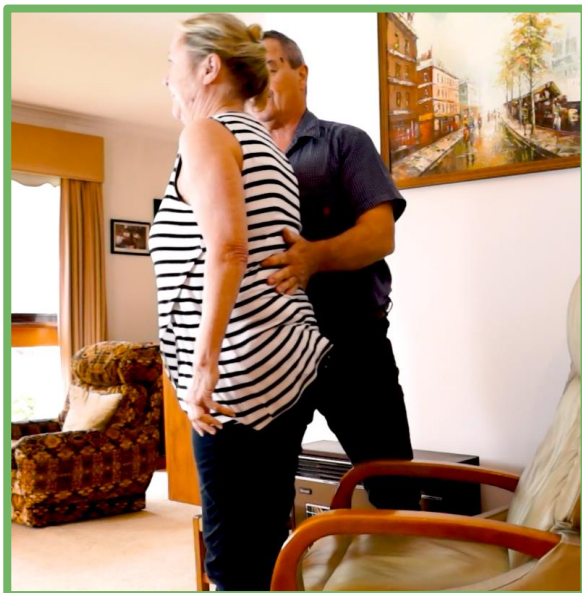


**3.** Work with the person to assist them to standing.

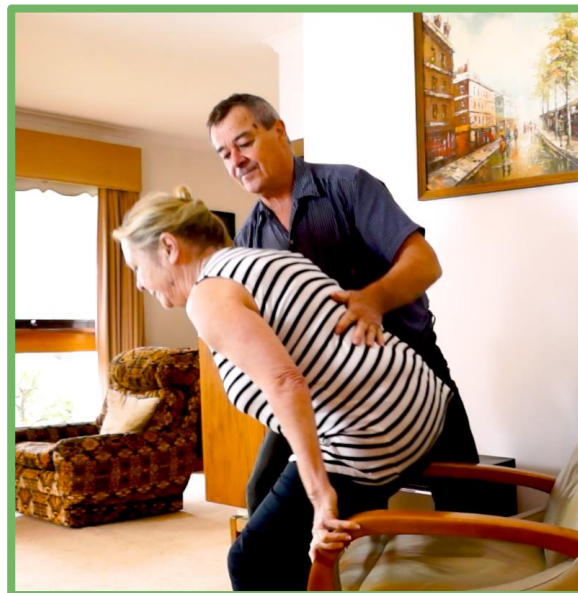


# ASSISTING SOMEONE TO SIT DOWN

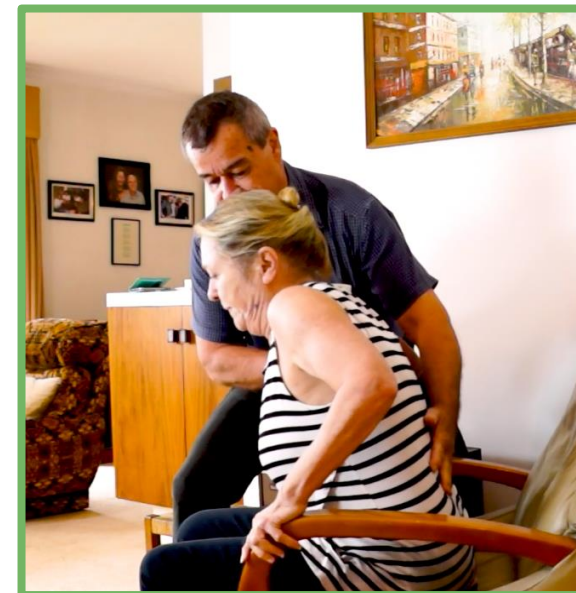
How you can assist the person to sit down (Side View):



1. Feel for the chair (or bed) with the backs of their legs.



2. Reach for the arms of the chair or the seated surface. Establish a safe body position. Place your hands on the front of the shoulder and across the lower back.



3. Work with the person to assist them into sit down.



**TIP:** Assisting someone to sit is the same as assisting them to stand – just in reverse. See [page 14](#).

## VIDEO – ASSISTING SOMEONE MOVE TO A NEW CHAIR

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**Assisting someone  
to move to a  
new chair**





# ASSISTING SOMEONE TO MOVE TO A NEW CHAIR – STEPS

The process for moving from a seated surface to a seated surface is always the same. It doesn't matter if you're moving from a bed to a chair, or from a recliner to a wheelchair.



1. Position the chair at right angles (90 degrees)



2. When using a wheelchair, lock brakes and remove foot plates



3. Assist the person to stand See [page 11](#).



4. Assist the person to reach over and hold the far armrest or bed



5. Step around to sit in the other chair or onto the bed



**TIP:** If someone has difficulty with transfers, low strength or mobility they should be assessed by an allied health professional. See [page 3](#).

# ASSISTING SOMEONE TO MOVE TO A NEW CHAIR – EQUIPMENT

Equipment that may be helpful:



## Transfer Belt

Transfer belts are designed to allow you to assist people to move without causing injury to you or them.



## Slide Board

Slide boards are placed across the two seated surfaces and the person can slide across.



## Raised Chair or Seat Cushion

Raised seats or using a cushion on a chair will help the person to stand without as much assistance.



**TIP:** All equipment should be prescribed by an allied health professional. See [page 3](#). Equipment suppliers can be found on [page 39](#).

## VIDEO – ASSISTING SOMEONE MOVE FROM A BED TO A CHAIR

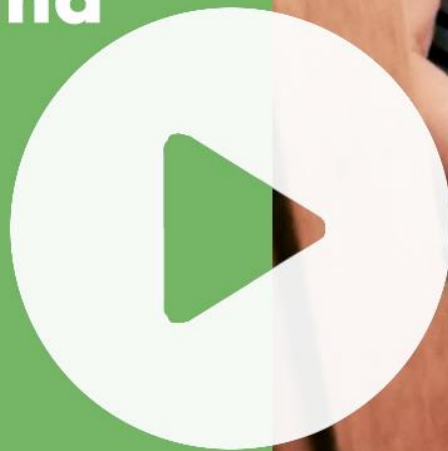
Assisting someone  
to move from bed  
to chair



## VIDEO – ASSISTING SOMEONE ON AND OFF THE TOILET

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**Assisting someone  
to move on and  
off the toilet**



# ASSISTING SOMEONE ON AND OFF THE TOILET – EQUIPMENT

Here is some equipment and some tips to make this task easier and safer:



1. Use a raised toilet seat to make it easier to stand up and sit down from the toilet



2. Consider leaving the hallway and toilet lights on at night if night toileting is needed



3. Avoid using doorknobs and toilet roll holders for support. These are not designed to hold a person's weight



4. An Occupational Therapist can help to make the bathroom safer and easier to use [page 3.](#)



**TIP:** If you are trying to find ways to help you to assist people to move more easily, contact an allied health professional. See [page 3.](#) Equipment suppliers can be found on [page 39.](#)

# ASSISTING SOMEONE ON AND OFF THE TOILET – STEPS

The process of moving from one seated surface to another seated surface is always the same. It doesn't matter if you're moving from a bed to a chair or from a wheelchair to a toilet. Before reading these instructions, refer to "Assisting someone to stand up and sit down" on [pages 8 –16](#).



**1.** If moving from a wheelchair, lock brakes and remove foot plates



**2.** Assist the person to stand. See [page 11](#)



**3.** Assist the person to reach over and hold onto the rail or far arm rest of the over-toilet seat



**4.** Step around to sit on the toilet or over-toilet seat



## VIDEO – ASSISTING SOMEONE INTO THE SHOWER

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Assisting someone  
into shower



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Australia



# ASSISTING SOMEONE IN AND OUT OF THE SHOWER – TIPS

Here are some tips to make this task easier and safer:



1. Use a non-slip mat inside and outside of the shower.



2. Avoid holding on to towel rails, doorknobs, toilet roll holders and soap dispensers for support.



3. An Occupational Therapist can review your bathroom and help to make it safer and easier to use. See [page 3](#)





# ASSISTING SOMEONE IN AND OUT OF THE SHOWER – EQUIPMENT

Here is some equipment to make this task easier and safer:



## Grab Rails

Grab rails can assist someone to stand and transfer safely in the bathroom.



## Transfer Belts

Allow you to assist people to move without causing injury to you or them.



## Shower Chair

Shower chairs allow someone to sit safely.



## Commode Chair

Allows someone to be wheeled in to the shower.



## Non-Slip Mats

To prevent you from slipping on a wet or slippery surface.



**TIP:** All equipment should be prescribed by an allied health professional. See [page 3](#). Equipment suppliers can be found on [page 39](#). More information on showering someone safely can be found in [Module 4](#).

# ASSISTING SOMEONE IN AND OUT OF THE SHOWER – STEPS

Before assisting the person to move in and out of the shower, refer to 'Assisting someone to stand up and sit down' on [pages 8 - 16](#).



**1.** Position the wheelchair as close to the shower chair as possible.



**2.** Lock the wheelchair brakes and remove foot plates.



**3.** Assist the person to stand.



**4.** Assist the person to reach over and hold onto the far arm rest of the shower chair.



**5.** Step around to sit on the shower chair.



## VIDEO – ASSISTING SOMEONE TO ROLL ON THEIR SIDE

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**Assisting someone  
to roll onto their  
side**



# ASSISTING SOMONE TO ROLL ONTO THEIR SIDE – STEPS

Always roll the person towards you. This will ensure that the person doesn't roll out of bed onto the floor.



1. Assist the person to bend the knee that is furthest away from you.



2. Assist the person to bring their outside arm across their chest.



3. Assist the person to move the arm closest to you out to the side.



4. Ask the person to look at you. Place your hands on their hip and shoulder.



5. Assist the person to roll towards you.



## VIDEO – ASSISTING SOMEONE TO SIT ON THE SIDE OF THE BED

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**Assisting someone  
to sit on the side  
of the bed**



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Australia



# ASSISTING SOMEONE TO SIT ON THE SIDE OF THE BED – STEPS

Before assisting the person to sit up, refer to "turning or rolling in bed" on [page 28](#). This technique is only suitable for people with good upper body and arm strength.



1. Assist the person to roll onto their side.



2. Move the legs off the bed.



3. Ask the person to push-up from the bed using their hand and elbow.



4. You can assist by lifting from the bottom shoulder.



5. Ensure their feet are on the floor. Sit with them till they get their balance.

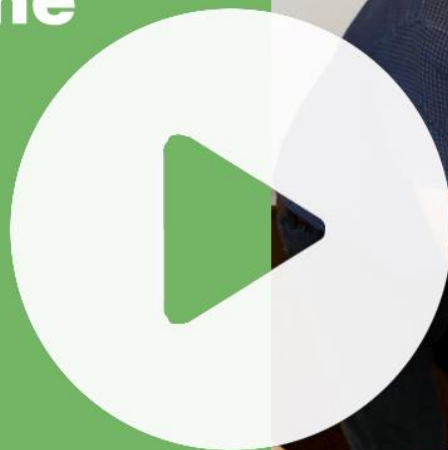


**TIP:** If the person you are trying to assist does not have good upper body and arm strength, contact an allied health professional. See [page 3](#).

## VIDEO – ASSISTING SOMEONE TO MOVE UP THE BED

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**Assisting someone  
to move up the  
bed**



# ASSISTING SOMEONE TO MOVE IN BED – EQUIPMENT

Here is some equipment to make this task easier and safer:



## Slide Sheets

These help to reduce friction, making it easier to help move someone around in bed. They also help to prevent skin injuries.



## Bed Rail

These can stop someone rolling out of bed. They can also be used to help the person reposition onto their side.



## Overhead Ring or Monkey Bar

These can help someone with good arm strength to move up and down the bed.



## Mechanical Bed

A mechanical bed can help you raise and lower the height of the bed. This reduces strain on your back. It can also be used to help the person sit up and lay down.



**TIP:** All equipment should be prescribed by an allied health professional, see [page 3](#). For equipment suppliers and funding options see [page 39](#).



## ASSISTING SOMEONE TO MOVE UP THE BED – STEPS

This technique should only be used for people with good lower limb strength who can assist with the movement:



1. Ask the person to bend their hips and knees with feet flat on the bed.



2. Ask the person to push through their heels and slide up the bed.



3. You can assist by placing your hands under the shoulder and bottom.



**TIP:** If someone is having difficulty with bed mobility, speak to an allied health professional for technique and equipment advice. See [page 3](#)

## VIDEO – ASSISTING SOMEONE TO GET INTO A CAR

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**Assisting someone  
to get into a car**



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Australia



# ASSISTING SOMEONE TO GET INTO A CAR – STEPS



1. Slide the car seat back to allow space to lift the legs in.



2. Place a cushion on the seat if the seat is low.



3. Ask person to walk backwards, feeling for the car seat with the backs of their legs.



4. Place hands on the seat, dashboard, door frame or overhead handle.



8. Assist with seat belt.



7. Help lift their legs into the car.



6. Slide bottom further back into the seat.



5. Sit down onto seat.



## VIDEO – ASSISTING SOMEONE TO GET OUT OF A CAR

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Assisting someone  
to get out of the  
car



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# ASSISTING SOMEONE TO GET OUT OF A CAR – STEPS



1. Remove seatbelt.



2. Slide the car seat back to allow space to lift the legs out.



3. Check the seat back is fully upright.



4. Lift the legs out of the car.



8. Work with the person to assist them into standing.



7. Pull-up on the door frame.



6. Push-up using the car seat, backrest or dashboard.



5. Move forward until their feet are flat on the ground.



# TIPS TO GET IN AND OUT OF A CAR

Here's some ways to ensure safety:



1. Try to park in a disabled spot with a flat surface. Disability parking stickers can be found at:



2. It is generally easier and safer to move in small movements



3. Try moving one leg in/out of the car at a time

Apply online



**TIP:** All equipment should be prescribed by an allied health professional. See [page 3](#). Equipment suppliers can be found on [page 39](#).

# EQUIPMENT THAT MAY BE HELPFUL

Here's some equipment you may wish to use:



## Grab Handles

Grab handles are specifically designed to attach onto the car.



## Slide Sheets

Slide sheets can be very helpful when moving someone back into the chair or when pivoting a person's legs.



## Transfer Belts

Transfer belts are designed to help you move someone without causing injury.

# USING EQUIPMENT TO HELP MOVE PEOPLE EASIER AND SAFER

## WHAT

There are lots of different types of equipment which can be used. We have shown several pieces in this module. From simple tools such as handrails and walking belts, to more technical equipment like car door attachments.

## WHY

Equipment allows you to help a person move more safely and easily. They can also help the person continue to do things for themselves.

## WHEN

If you or the person you support find a task difficult to do, consider talking to an allied health clinician.

that can help.

## WHERE

There are lots of places to buy equipment, from large chemists to the equipment providers shown on the right.

We strongly recommend you consult a physiotherapist or occupational therapist to ensure the equipment meets your needs. They may help identify funding options, as equipment can be expensive.

Carer Gateway may be able to help with financial assistance. Call **1800 422 737** to discuss your personal circumstances.

There may be a piece of equipment



# EQUIPMENT SUPPLIERS IN NSW

## Aidacare

 **1300 216 898**

 [Website](#)

## Alphacare

 **1300 930 930**


 [Website](#)

## GMS Rehabilitation

 **1300 734 223**

 [Website](#)

## Safety and Mobility

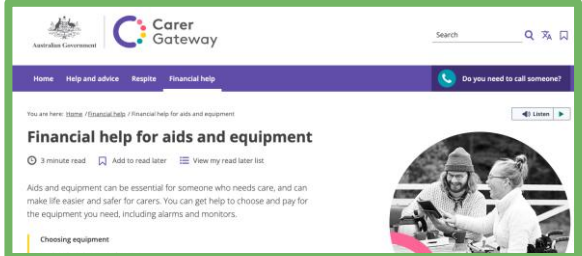
 **(02) 9983 9520**

 [Website](#)

## Independent Living Specialists

 **1800 098 215**

 [Website](#)



**CLICK HERE FOR MORE**

Carer Gateway may be able to assist with funding options. Read more here.

# WHERE TO GET MORE SUPPORT

It can be a good idea to talk to Carer Gateway about your needs; and My Aged Care about the needs of the person you support. The local doctor and health care team are important resources as well. See more below.

## The role of the local Doctor

The local doctor or GP is the first point of call if you have a health issue. They have the broad knowledge and skills to treat you or direct you to a health professional or specialist.

Watch here:



[CLICK HERE FOR MORE](#)

## The role of Carer Gateway

Carer Gateway offers a range of tailored supports and services to help carers manage challenges, reduce stress and plan ahead.

- In person and phone counselling
- Carer forum, information, resources
- Emergency respite
- Self-guided coaching, skills courses
- Carer support planning
- In person peer support
- Carer directed support
- In person peer coaching (from 2021)

Call **1800 422 737** weekdays 8am to 5pm to discuss your needs.

Call 24 hours a day, 7 days a week for emergency respite.

Visit [here](#) for online supports.

## The role of My Aged Care

My Aged Care offers a range of tailored supports and services to help older people access the right care and support to maintain their quality of life as they get older.

- Assessment of person's needs
- Help at home like personal care, domestic assistance, respite
- Help to stay well like nursing care, allied health services
- Help to stay connected
- Packages of care
- Help to move to an aged care home

Call **1800 200 422** weekdays from 8am to 8pm; Saturdays from 10am till 2pm.

Visit [here](#) to read more.





# DISCLAIMER

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**All of the content in this resource is for informational purposes only. It is not a substitute for advice provided by a doctor or other qualified health professional. The information in this resource is true and correct at time of publishing.**

**Carers NSW thanks the many carers involved in the development of this information for sharing their experiences and suggestions for the benefit of other carers.**

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