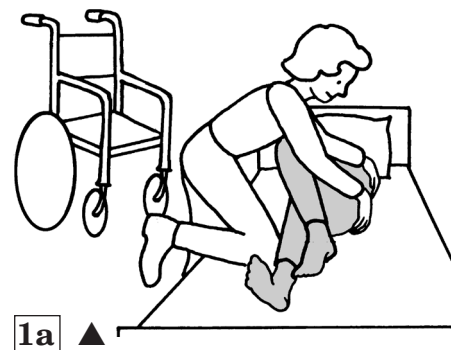




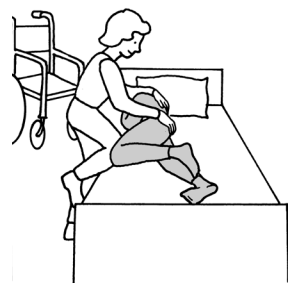
Continued from page 1

### Transferring from Bed to Wheelchair Without a Transfer Belt

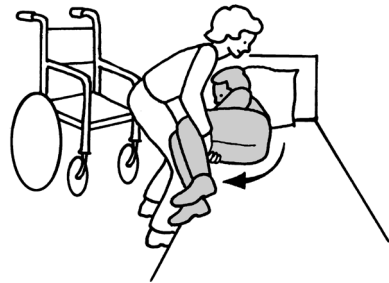
- 1 • Place the wheelchair at a 45-degree angle to the bed so that the person will be transferring to his stronger side.
- **Lock the wheels** of the chair (you can use a wheel block) and the wheels of the bed.
- Tell the person what you are going to do.
- Bring him to a sitting position with his legs over the edge of the bed following steps a, b, c, and d.
- Let him rest a moment if he feels lightheaded.
- Put his shoes on.



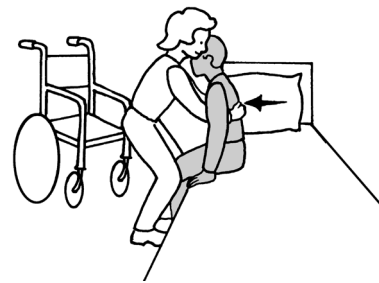
1a ▲



1b ▲



1c ▲



1d ▲

- 2 • Put your arms around his chest and clasp your hands behind his back.
  - Support the leg that is farther from the wheelchair between your legs.
- 3 • Lean back, shift your leg, and lift.
  - Pivot toward the chair.



2 ▶



3 ▶

- 4 • Bend your knees and let him bend toward you.
- Lower the person into the wheelchair.
- Adjust him comfortably in the chair.

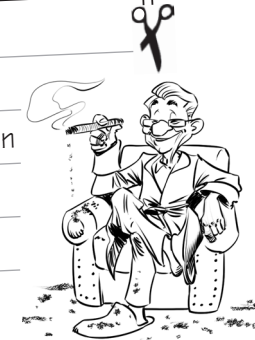


4 ▶

### Taking Care of Yourself— For Less Back Pain, Quit Smoking

A study found that patients with severe back pain who quit smoking report less pain and greater improvement than patients who continued to smoke. Also, those who continued to smoke during treatment had no improvement in pain. Nicotine increases pain. Another proof that smoking is bad for you—and your back.

Source: *Journal of Bone & Joint Surgery*, December 2012; American Association of Orthopaedic Surgeons [www.aaos.org](http://www.aaos.org)



### NOTE - Transfers Safety

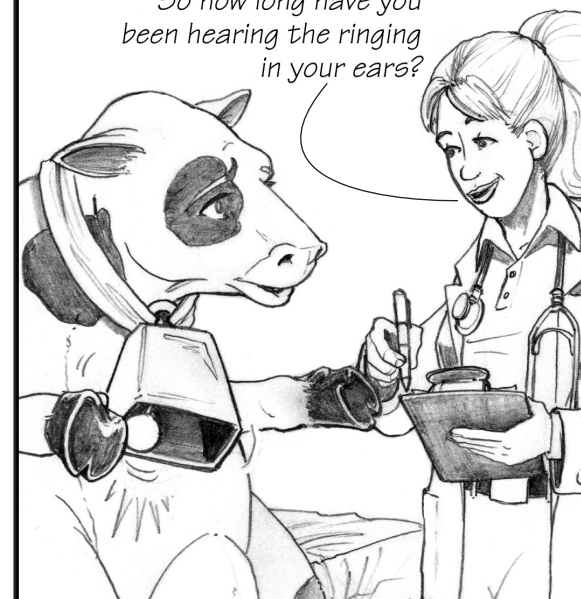
Seek training from a physical therapist to reduce the risk of injury to yourself or the person in your care. The therapist will correct any mistakes you make and can take into account special problems. To determine the best procedure for you to use, the therapist will consider the physical condition of the person in your care and the furniture and room arrangements in the home.

### Inspiration

To handle yourself, use your head;  
to handle others, use your heart.”  
~ Eleanor Roosevelt

### Live Life Laughing!

So how long have you  
been hearing the ringing  
in your ears?



### Memory Care

#### Transfers

During transfers people with dementia may feel more vulnerable and may resist out of fear of falling or not knowing where they are going. Any time the person with dementia resists you, consider whether the person understands what you want him to do and whether he feels safe. Fear and confusion are often the cause of resistance.