

Moving from a Wheelchair to Bed:

Tips for Families of Patients in Rehab

When your family member comes home in a wheelchair, you may worry about how to manage. You can learn how to help them get in and out of bed safely.

Remember:

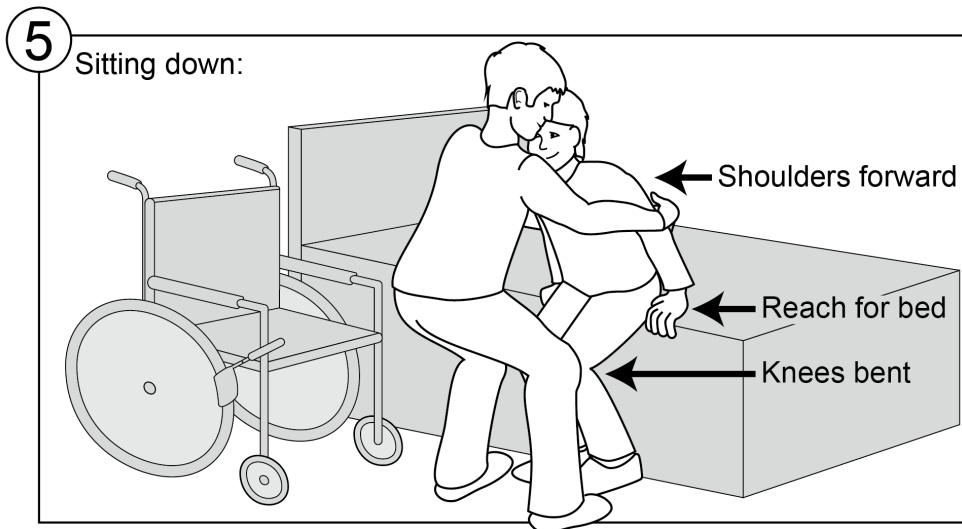
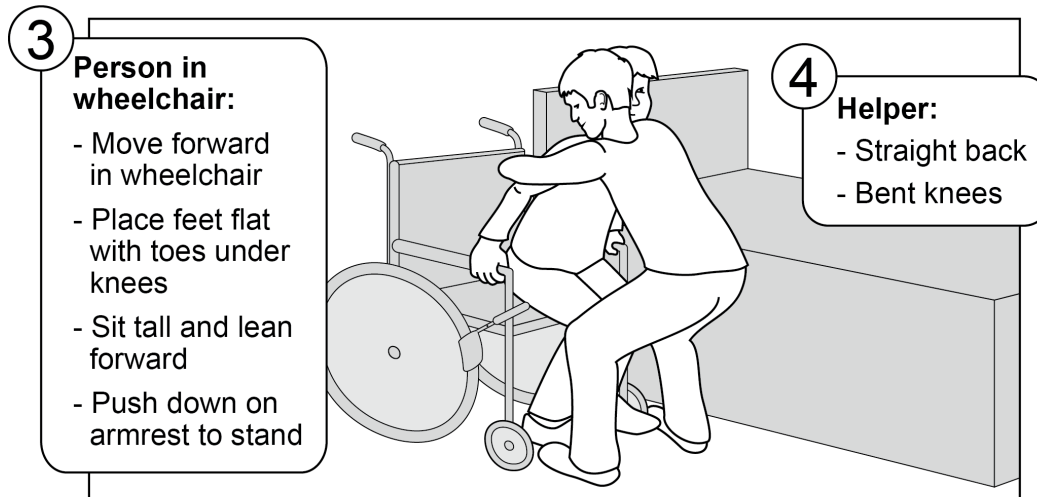
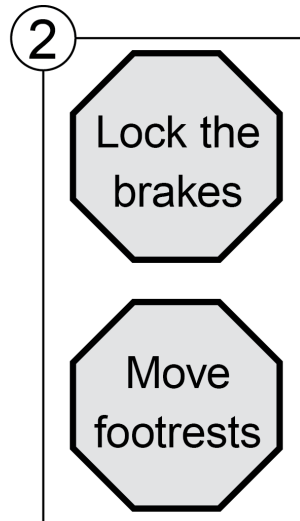
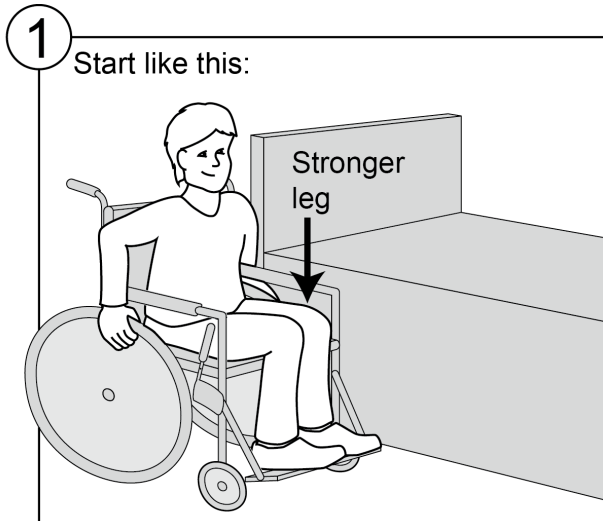
- **Lock the brakes on the wheelchair.**
- **Protect your back. When you help someone get up, bend your knees and keep your back straight.**
- **If the person has a weak side, do not pull on that arm.**

To help them move to the bed:

1. Bring the wheelchair beside the bed. Make sure the person's strong side is beside the bed. Lock the brakes.
2. Put both feet flat on the floor. Move the footrest(s) out of the way.
3. Ask the person to move forward in the wheelchair. Make sure their toes are under their knees.
4. Stand in front of the person. Ask them to sit tall, lean forward and push down on the wheelchair armrest as you help them to stand.
5. Place your hands around their upper back. If they have a weak arm, place your arm around it, not under it. Do not pull on the weak arm.
6. Help the person to move their feet until their bottom is over the edge of the bed. Help them sit down. The person should:
 - Reach for the bed
 - Bend knees
 - Keep shoulders forward



To move to the bed:



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