



Car Transfer with Assistance

Getting into a car can be a hard transfer. At first, you might need one or two people to help. The amount of help you need depends on the height of the car and your skill. With practice, some people learn to transfer alone. Always practice transfers with your therapist before trying alone.

Getting your Wheelchair into Position for a Transfer

1. Remove the footrest on the side you are transferring if your wheelchair has this feature.
2. Position the wheelchair on a small angle as close to the seat as possible.
3. Remove the armrest and clothing guard on the side you are transferring.
4. Put your breaks on.
5. Place your feet on the ground extended away from the direction of transfer.

Using a Transfer Board

Many people need to use a transfer board when transferring. The board helps make a bridge between your wheelchair and the car seat. Place one end of the transfer board on your wheelchair seat, a little bit under your bum. The other end of the board should go on the car seat. Make sure that there is lots of board on each surface. For a car transfer, you might need a longer transfer board than for other transfers.

Assistant Positions

People who are helping can stand in front or behind you. If two people are helping, you can have one in each position. Always make sure your helpers are strong enough and properly trained to help you transfer.

Behind you: An assistant can stand behind your wheelchair. They will help you transfer by reaching over the backrest and helping you move across the transfer board. They can help by lifting your bum across the transfer board in several steps, or by sliding your bum along the transfer board. They can also hold your belt or the top of your pants to help you move.

Contact your Physiotherapist for more information.

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In front of you: If there is enough space, an assistant can stand in front of you, facing you. During the transfer, the assistant will help you to lift or slide your buttocks across the transfer board. If you are unable to help with the lift or slide, you can lean forward and rest on the assistant and they can slide your buttocks across the transfer board. The assistant will lift you from under your hips, your belt, or the side of your pants.

Transferring to a Car Seat:

1. Put your wheelchair into position (see above).
2. Move the car seat as far back as possible.
3. Bring your bum to the front of your wheelchair seat.
4. Place the hand closest to the car about half-way across the transfer board. Place the other hand on the wheelchair's armrest or seat.
5. Before transferring, lean forward with your head facing away from the car seat.
6. Instruct your assistant to help lift you when you say "1, 2, 3, LIFT!"
7. Each time you say 'LIFT', push up with your arms to lift your bum across the transfer board. Your assistant should help lift and move your bum towards the car seat. It may take several lifts to get into the car
8. Once you're on the car seat, lean back and get stable. The assistant can help bring your legs in and adjust your clothing.

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Safety Tip: When helping someone with transfers, keep your back straight and lift with your arms and legs.

Transferring to a Car Seat with two Assistants

Some people may need extra help transferring. With two assistants, the steps for the transfer are done in the same way as described above. In this case, the assistants do most of the work. With two assistants, lean into the person in front during the transfer.

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Safety tip: When you do a transfer, watch your skin. Lift your bum up before moving towards the seat. Dragging your bum across the transfer board can cause skin damage.

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Transferring from the Car to your Wheelchair

When transferring from the car to your wheelchair, the steps are very similar. An assistant can stand behind you while lifting and guiding your bum into your chair.



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