

Carers Information Card - How to safely assist a person into a car.

1. Push the car seat as far back as possible.	2. Open the car door fully and make sure that it doesn't swing back.
3. Bring the wheelchair or walking aid as close as possible to the car. Have the person touch the back of their legs against the car seat before they sit down.	4. Protect their head as they sit down into the car by holding your hand above their head.
5. The person pivots on their bottom, bringing their legs around into the car. If this is difficult, using a car slide sheet or plastic bag could help.	6. If there is hip pain, you can slightly recline the back rest of the car seat to make it easier for them.
7. If required, the person can lift their legs into the car using towels or a leg lifter	Note: If an extra hand hold is needed, consider a handibar. Also, pillows or cushions can help with positioning and comfort in the car seat.

How to safely assist a person out of a car.

1. If the person uses a walking aid or wheelchair, position it correctly and ensure that the brakes are on before getting out of the car.
2. Push the car seat as far back as possible.
3. The person pivots on their bottom to bring their legs out of the car.
4. The person should push up from the seat to stand.
5. Protect the person's head from hitting the inside of the car, by holding your hand above their head.



Carers Information Card - How to safely assist a person into and out of a car.

Purpose: To provide information that reinforces the education provided by nursing or support staff to assist carers to be able to assist a person into or out of a car without injury to either themselves or the person.

Note:

1. If you don't feel confident, have any difficulty assisting with this or have any concerns, please let nursing or support staff know.
2. If any item is required to assist, ensure that it is close by.

Please contact: The Community Palliative Care Service if you have any concerns.

Further Information: www.caresearch.com.au

Acknowledgements: Occupational Therapy Department- Swan Hill District Health
Physiotherapist - Kyneton District Health Services

Disclaimer: The Community Palliative Care Service and all persons involved in producing this information sheet will not be held responsible for any adverse event or loss from the implementation of all or part of this information. All reasonable efforts will be made to ensure that the item this information sheet pertains to is maintained to a high safety standard.

Please return this card to the Community Palliative Care Service when no longer required.