Mobility 2.5: Transfer Belt

So sometimes our clients may need a little support when we're guiding them for a transfer between, perhaps, the bed to a chair or a chair to the wheelchair, so often the best thing to use is a transfer belt.

So, this is a transfer belt and in particular this belt is called the ruth belt, it was made by a lady called Ruth, and the benefit of this belt is, you can see there's some padding in there, so it's quite comfortable and it also has this grip material that allows it to grip to the sides of the client and to their clothes and doesn't ride up onto somebody's body and up to their arms.

So, in this case we're going to demonstrate how to use this transfer belt, and Chris, as we know, he's demonstrated that he has that mobility that he can sit up by himself, he has that balance, and we can see that he's also got his feet flat and his legs are engaged that they could support and weight bear him, but sometimes he's a little bit unsteady and I know you have clients like this that often, perhaps, they can walk and they can move, but they need that little bit of support; that's where the transfer belt comes into play, so it's not to lift the client, but it is to help guide them and support them.

So, to put this on Chris we've already adjusted our bed height so we've had that ability to make sure that it's raised high enough so that were minimizing our bending and reaching and also allowing Chris to stand a little bit more easily. and we're just going to slip the belt behind him to come through and if he can put his arms up for us and then what we're going to do is just cinch this belt and you can see here, this is an extra-large belt, the benefit being that you can cinch it to fit any waist.

So, if we pull on that when I pull it snug — how's that feel?

Pretty good.

Pretty good, and you can see that it's sitting nicely on his shirt and it's not moving.

So, what we're going to do is when we're ready to transfer Chris, we're going to count that down and we're going to hold through to the back of the loops and we're not going to lift we're certainly just going to hold, have a hand placement on that and guide him.

So, you ready on three; one, two, three and then we can walk, and I've still got a hold of the transfer belt slowly guiding him through his movements.