Mobility 4.1: How to Put on a Gait Belt

Hi, everybody, it’s Cindy physical therapist with Adaptive Equipment Corner. We want to give a shout out to our caregivers out there both professionally and personally. I know some of you may have found yourself unexpectedly becoming caregivers overnight we also want to shout out to you we're with you especially during this time right now and we so appreciate all of you.

We're going to try to do a few things here put some videos out here once in a while just trying to give some tips on helping with caregiving, just to make things easier on you guys, so we hope this is helpful.

Today we're going to talk about a gait belt if you have a loved one that is needing a little bit of assistance up or maybe they need some assistance while they're walking, just to be safe, you might want to use and probably best use a gait belt. Now if you don't have one, don't worry about it, just grab a belt from out of your closet something like this put it around and just so you have something to hold on to. But I'm going to show you how to buckle the gait belt. Sometimes it can be a little bit confusing. I have a metal buckle gait belt right here this is the favourite kind of mine just because it holds pretty well.

What I want to show you is how to put your belt together here or attach it when you're putting it on your loved one, so you see the teeth here what you're going to do is take the end of the belt and you're going to put it up toward the teeth just like this you're going to pull it right over the top of the teeth and then down through the other side because that's what's going to lock it in and hold it right there with those teeth okay.

So, I'm going to have Christina step in here a minute. I'm going to show you how to put it on, so you guys remember Christina, she's usually behind the camera, so when you put this on your loved one, you're going to put it around them and again let me have you turn this way just a little bit here your teeth right here you're going to take the end of the belt you're going to bring it up through toward the teeth, you're going to pull it snug, take it over the top of the teeth and then down through the other side.

Now, if they're in a seated position this may not be tight enough. Whenever you put it on, if they stand up and it's a little bit loose, you can grab the belt right here pull it back toward them and snug it up just like that, okay.

I hope this has been helpful and now we're going to put a couple of links going to post a couple of links on how to get ahold of the gait belt if you need one, again don't worry you can also use a belt out of your closet.

We have also right now opened up our caregiver series to everyone for free if you need additional information on how to take care of your loved one, again if you're in a situation that you kind of became a caregiver overnight, we want to give that away for free right now so check out that post to go step by step on how to get on to our site and take a look at the caregiver series.

We're going to again keep trying to put some posts out there just to help you guys out. We love you; we know this is not easy for any of us right now and we're all in this together. We're going to take care of each other so take a look at us, keep checking in, we're going to keep checking in with you.

Guys have a great day. Caregivers, please make sure you're taking care of yourself in order to care for other people.

Peace and love from Adaptive Equipment Corner.

Take care.