Mobility 4.6: How to Transfer Using a Gait Belt. Safe Transfers. Protect Yourself and Who You are Transferring.

I'm Jeff Kaufmann, I'm here at Sage oak senior living, and I'm here to show you the proper steps when transferring a resident.

I've invited Brian Harman from senior solutions home health, he's a physical therapist. So, Brian next step is you're going to show these people how to get this done — that's right, all right —let's go.

I also have a couple other people that I'll need to introduce you to one most importantly is Mr. Ted here he's volunteered to let us do this for all of your learning pleasure. Ted, big smile for the camera, all right there we go.

So, when we do a transfer to a chair, one of the big keys for any type of the transfer is making sure that you're set up properly so, you want to avoid having the wheelchair facing the surface or go to, generally you want to have it off an angle and ideally unless there's something else going over the patient you're always want to go in towards the strong side unless the environment doesn’t allow for it. So, Ted's case, the right side is his strong side, so it’ll make a lot easier to do the transfer this way.

Make sure that you're using a gait belt. Don't pull up on the arms, don’t pull up on the shoulders, you could injure yourself or more importantly the resident. So as far as set up the chairs need to be set up the right at the right probably this is you're trying to get your residents rear end as close to the landing surface as possible.

So, in the case of Ted's wheelchair, what we want to do is remove the arm, so now all of a sudden, we just have this much space to do a transfer; just slide them over.

All right, Ted, I want you scoot forward in the chair there you go. Okay, reach this hand over here; the reason for reaching the hand is two things: one it keeps the hand out of the way so when they transfer them and their hand is here, they won't sit on their hand, and two, it gets them position where they're leaning forward which works in your favour as far as far as physics is concerned.

Okay and then only three Ted all we're going to do is lift your butt up and then pivot and turn in synergy. Okay, one, two, three, perfect! To go back, we just kind of reverse the same process. Ted, go ahead and scoot forward in the chair and a little further and get towards the edge. Ted has his left arm, well, it still has a contracture, he still has some mobility with it so, I’m going to have him reach for it here, again same thing we're getting in forward in the chair, having him lean forward, getting his lead hand out of the way, not here because we'll sit on them and then same thing, Ted, on three we're going to stand up, turn to it, ready, one, two, three.

All right, everyone, this is Thelma. Thelma is the manager of this property. There are 8 residents who live in this little boutique assisted living, Thelma runs the show here.

We’re going to get you into your chair, okay? We’re going to position it right here, lock the chair, let me remove that armrest for you. Scoot forward towards me, reach over, on the count of three, we’re going to stand, okay? One, two, three.

I'm sweating and I haven't done it transfer. if you're a caregiver and you're doing this all day these techniques are really important; one transfer isn't going to wear you out but a day full of transfers is going to wear you out, that's one of the many reasons you want to have proper technique.

So, the four things I would say is as a highlight for transfers are: first and foremost, to set up in your body position and that's body position not just for you, but also for the resident that you will be transferring. So, the set-up involves the levelness of the surfaces, getting the seating surfaces as close to you as you can together because it makes the transform much, much safer, much easier for you. Making sure that your body position using your legs versus your back, you guys have heard that before. Making sure that you use safety equipment, like the gait belt and then also make sure you that you try to use short commands; keep them as short as you can, and make sure you do give them commands and don't just, you know, say 1-2-3 left because they don't know where you're going from there.

So, I hope you find this helpful I hope that it makes doing transfers a lot easier for you. You can take a look at the links below and I'll have the website to Sage Oaks Senior Living, I'll also have the website senior solutions home health to see a lot more of these. I'm hoping to put on one a week, hopefully we can get Brian to be a part of them, just make senior housing a little bit better places what we're hoping to achieve.