

Assisted Walking Manual Transfer

Instructions

Cane:

Patient should use the aid on the 'good' side if possible. Caregiver should assist on the 'bad' side.

Use a thumb-to-thumb grasp – place your right hand (palm up) into the patient's right hand (palm down) (or left hand to left hand depending on patient and space).

Use a firm trouser belt or preferably a **transfer belt** to support the patient.

Reach across the patient's back to grasp the belt. **Do NOT lift up on the belt.**

Remain at the side of the patient to provide support with your hip and hand grasp. Only move away from the chair once you are sure the patient can **balance**.

Maintain contact and only provide as much support as the patient needs:

1. **Raising your hand** grasp will allow the patient **less support** from you.
2. **Lowering your hand** grasp will enable the patient to take **more support** from you (like a cane).

Crutches: Position yourself at the side, grasp a belt and hold onto the closest crutch. This allows you to direct the patient's walking pattern and provides extra support if needed.

Stand behind the patient going up stairs and in front of them going downstairs (with a very firm grasp on the railing to support yourself).



Safety Points

Use these instructions to assist any patient to walk including the following scenarios:

1. No aid required
2. Using a cane
3. Using a 4-point cane
4. Using a regular walker
5. Using a wheeled walker
6. Using crutches

This procedure is to be used only after a recent *Patient Mobility Assessment* form or a rehab assessment indicates that the patient is capable of a manual transfer with assistance of an aid and one caregiver.

DO not support the weight of the patient with your hand grasp. If you feel you are taking too much weight for safety of you or the patient—sit the patient down and contact the clinician or your supervisor for direction.

Use the transfer belt as a handhold only—do not attempt to lift or fully support the patient with it.

If the patient begins to sway or fall, you may be able to break the fall but do not attempt to keep the patient standing—**you will be unable to support their weight** and are at significant risk of injuring yourself.

This applies whether the patient uses a walker, cane or crutches. Follow the Home Support protocol for a patient fallen to the floor.