

Repositioning in a Chair with a One-Way Slide

Instructions

The one-way slide is designed to move in the direction of the arrow only. It helps to stabilize the client in sitting and reduces the need for frequent repositioning.

The client must be able to assist in repositioning when using a one way slide.

Position the Client:

Apply wheelchair brakes.

Ensure chair is in upright position.

Encourage the client to lean forward actively and provide gentle assistance / support as needed.

Have client place both hands on the armrests in readiness for boosting (or assisting) back in chair.

Position the client's feet firmly on floor.

Caregiver Position:

Preferably - caregiver will hold armrests on wheelchair to stabilize self; alternatively, they may reach around client to grasp transfer belt.

Position knees on client's knees to assist with move back into chair.

When Completing the Reposition:

Instruct the client to assist by pushing with legs on the word "SLIDE."



Safety Points

The Rehab Therapist will have assessed any client using a one-way slide. If you have any concerns with its use, contact the clinician responsible for advice.

If the client is unable to assist in manual repositioning using a one-way slide, **stop**. Use a ceiling track lift instead to reposition the client.

This device is sometimes referred to as a one way glide.

To maintain skin integrity and avoid skin shearing, **DO NOT** allow the client to sit on a one-way slide for more than 2 hours at a time.

The one-way slide cannot be used on top of specialty products such as Roho cushions as it negates the benefits of the cushion.

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Count “1-2-3-SLIDE” out loud.

On “SLIDE, gently push back on the client’s knees and **slide** their buttocks to the back of the chair.

If a second caregiver is present, they may grasp the top layer of the one-way slide to help shift the client’s hips backwards.

Client assists by pushing with legs as able.

Safety Points

Remember to:

Use a weight shift to perform the slide--do NOT lift.

Use a full hand grasp rather than a pinch grasp.

Keep the wrists straight.

