



## Wheelchair Transfers

The information below is on how to safely transfer a person out of or into a wheelchair.

### Websites

<http://www.visn8.va.gov/VISN8/PatientSafetyCenter/safePtHandling/TechnologyResourceGuide.doc>

**VISN 8 Patient Safety Center of Inquiry: Technology Resource Guide (November 8, 2011)**

This resource guide lists many types of equipment, including lift and transfer aids.

<http://www.spinalcord.uab.edu/show.asp?durki=90249>

**University of Alabama at Birmingham's Spinal Cord Injury Information Network: Rehab Tip Sheets**

A list of tip sheets for rehabilitation care providers and consumer caregivers offering step-by-step instructions and photo illustrations. The tip sheets on lift transfers and assisted transfers can be downloaded for free as PDFs.

<http://www.msktc.org/sci/factsheets/transfers.asp>

**Model Systems Knowledge Translation Center (MSKTC): Safe Transfer Technique**

MSKTC is a national center that works to put research into practice to serve the needs of people with traumatic brain injuries, spinal cord injuries, and burn injuries. The Safe Transfer Technique fact sheet provides information on conducting safe transfers to preserve function and avoid injury.

The following books and videos are available for free loan from the PRC library. For more information, please see [www.paralysis.org](http://www.paralysis.org) and click *Borrow from Our Lending Library* under PRC Quick Links.

### Books

- Meyer, Maria M. and Paula Derr. **The Comfort of Home: A Complete Guide for Caregivers.** Portland, Ore.: CareTrust Publications, 2007. Includes a section on transfers p. 310-329.

- Somers, Martha Freeman. **Spinal Cord Injury: Functional Rehabilitation**. Upper Saddle River, NJ: Prentice-Hall, 2001. 2<sup>nd</sup> ed. See Chapter 11, Transfer Skills.

### Videos

- **Assisted Transfers for Persons with Brain Damage**. UT Southwestern Medical Center, Dept. of Physical Therapy, Dallas Texas.
- **The Home Care Companion Video Collection Caregiving Series Vol. 2: How to Help Someone Who Uses a Wheelchair Without Hurting Yourself**. Healing Arts Communications, 1996. VHS. Distributed by Program Development Associates 1-800-876-1710 or [www.disabilitytraining.com](http://www.disabilitytraining.com).
- **The Home Care Companion Video Collection Caregiving Series Vol. 2: How to Help Someone Who Uses a Wheelchair Without Hurting Yourself**. Healing Arts Communications, 2001. DVD. Distributed by Program Development Associates 1-800-876-1710 or [www.disabilitytraining.com](http://www.disabilitytraining.com)
- **How to Use a Mechanical Lift. Home Care Companion, Caregiving Series**. Healing Arts Communications, 2006. DVD (23 minutes) Distributed by Program Development Associates 1-800-876-1710 or [www.disabilitytraining.com](http://www.disabilitytraining.com).
- **Life After SCI: Spinal Cord Injury Volume 2 Transferring & Adapting**. Altimate Medical Inc. (maker of the EasyStand). 1-800-342-8968 or [www.easystand.com](http://www.easystand.com)
- **Positioning, Turning & Transferring**. Cicero, NY: Program Development Associates, 2000. DVD or VHS with booklet.
- **Stroke Help: A Stroke Survivor's Guide to Independence Tape 2 - Wheelchair Transfers for Families and Caregivers**. Port Townsend, WA: International Clinical Educators, 2001. (ICE no longer sells this video.)

**The information contained in this message is presented for the purpose of educating and informing you about paralysis and its effects. Nothing contained in this message should be construed nor is intended to be used for medical diagnosis or treatment. It should not be used in place of the advice of your physician or other qualified health care provider. Should you have any health care related questions, please call or see your physician or other qualified health care provider promptly. Always consult with your physician or other qualified health care provider before embarking on a new treatment, diet or fitness program. You should never disregard medical advice or delay in seeking it because of something you have read in this message.**