

A3

SIT TO STAND

1 CARER

1

Person to shuffle bottom to front of seat with feet apart, one foot further forward.

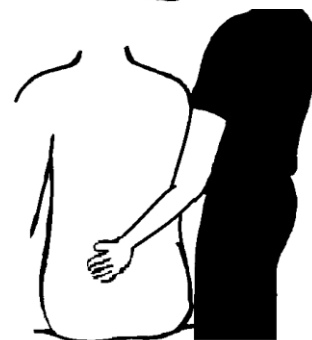
Carer to position themselves at side of person, facing forwards, feet apart; one foot in front of the other.



2

Carer to place arm across person's back, at waist level.

Carer to place other hand in front of person's shoulder.



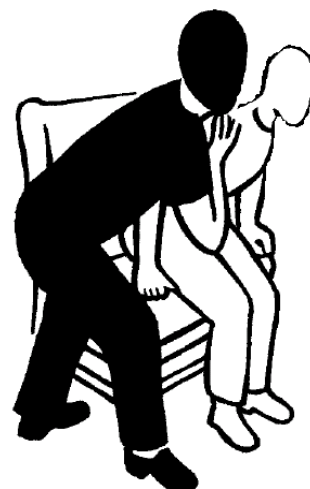
3

Person to lean forward ('Nose over toes') then look up.

Carer to offer verbal prompt such as "ready, steady, stand".

Carer to provide forward pressure at lower back to encourage stand.

Person to push down on armrest, with head raised and stand.



4

Ensure person is stable before walking.

