

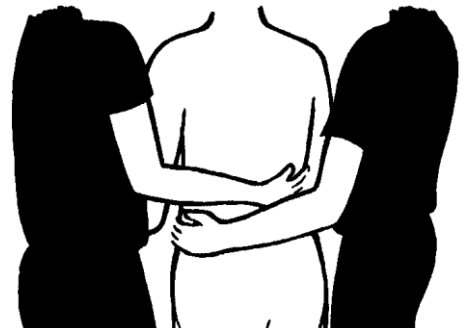
1

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

Carers to position themselves on either side of person, facing forwards, and with feet apart; one in front of the other.

**2**

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

**3**

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

Person to lean forward.

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

Carers to provide gentle forward pressure at lower back to encourage stand.

Person to push down on armrests with head raised and stand.

**4**

Ensure person is stable before walking.

