



# A Guide to Safely Transferring to the Car

Assistive technology (AT) is a piece of equipment, device or system that provides people with practical solutions to everyday life activities. You can search our National Equipment Database: [www.askned.com.au](http://www.askned.com.au) to view a range of products online.

**Some common issues people have when getting into/out of the car are: turning in the seat, lifting their legs into the car and getting up from the car seat.**

Some basic principles to follow when getting into/out of the car are:

- Slide the seat back to give yourself space to move.
- Use the main body of the car for support.
- Use gravity to your advantage.

There are a wide variety of transfer aids to assist with getting into and out of the car safely and independently. These are some options that you might consider:

## **Portable Handles**

A metal handle which fits into the car door lock striker and can assist the user to transfer in and out of the car seat by providing a rigid support handle.

## **Swivel Cushions**

Consist of two discs that pivot on each other with slippery inner surfaces and slip resistant top and bottom. They are designed to assist a user to pivot 180 degrees with or without the assistance of an attendant.

## **Sliding Mats**

Made from fabrics with slippery surfaces to allow for easier maneuverability by reducing friction between the seat and user. Models will generally consist of two separate mats, one placed on top of the other.

Models with handles can provide a place for carers to hold onto as they assist an individual to reposition in the car.

## **Leg Lifters**

Used for lifting the user's legs in and out of the car. They have a long plastic strap with loops at the end for holding the feet.

## **Electrically Operated Turning Seat**

This car seat assists in transfers by eliminating the need to step into the car. The seat is powered and swivels itself out of the car to enable greater space for the person to transfer onto before it moves the passenger back inside the car.

Swivel seats are a good option if the car seat is very deep or the user has difficulty adjusting their position.

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## Transfer Slide Boards

Used to assist with sliding transfers by bridging the gap between surfaces, such as between a car seat and wheelchair. Options include a variety of lengths and shapes such as cut out sections designed to accommodate the rear wheels of a self-propelling wheelchair.

Materials used in slide board construction range from timber, polyurethane, fiberglass and plastic. Smooth or highly polished surfaces will have less friction.

One design incorporates a disk that slides along the board. This is designed to minimise friction between the transfer board and the user.

## Vehicle Mounted Hoists

There is a range of hoists available to lift and transfer a person from a wheelchair into a vehicle. They can be manual or electric, and user or attendant operated.

These can be fitted to the front or rear doors of the vehicle on either the driver or passenger side.

## Vehicle Modifications

There are also a number of hoists, lifts and ramps suitable for lifting and transporting both the user and their wheelchair together, as well as lifting the wheelchair and scooter separate from the user.

These will generally require vehicle modifications, so consultation with an allied health professional is recommended when considering these options.



**Indigo has a large range of equipment on display and products available to trial. Our experienced health professionals can provide strategies and advice on the right product for you. Please contact us using the details below for further information or to book an appointment. Appointments can be conducted by phone, email, face-to-face or video call.**

**Did you know Indigo also offer a range of other services? Please ask us when you call, or visit [www.indigosolutions.org.au](http://www.indigosolutions.org.au)**