HANDOUT-ABLE: Tips for Safe Wheelchair to Toilet Transfers

Performing the transfer from a wheelchair to a toilet involves many steps. These recommendations for safety should be made within the context of physical therapy and occupational therapy details/input.

- Push the wheelchair next to the toilet, as close as possible.
  Special Considerations for you on this step: _________________________________________________

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- Lock the brakes.
  Special Considerations for you on this step: _________________________________________________

- Place hands on the wheelchair armrests.
  Special Considerations for you on this step: _________________________________________________

- Push down on the wheelchair arm rests to a standing position.
  Special Considerations for you on this step: _________________________________________________

- After standing, touch the grab bar or toilet armrests, steadying yourself.
  Special Considerations for you on this step: _________________________________________________

- Take little steps, moving until back of legs are touching the toilet, still touching the grab bar or toilet armrests.
  Special Considerations for you on this step: _________________________________________________

- Keeping hands on the grab bar or wheelchair armrest, slowly lower down onto the toilet.
  Special Considerations for you on this step: _________________________________________________