SESSION MATERIALS: Sequencing -- Wheelchair to Toilet Transfers

Instructions: number in the proper order –

____  Take little steps, moving until back of legs are touching the toilet, still touching the grab bar or toilet armrests.

____  Push the wheelchair next to the toilet, as close as possible.

____  Place hands on the wheelchair armrests.

____  After standing, touch the grab bar or toilet armrests, steadying yourself.

____  Keeping hands on the grab bar or wheelchair armrest, slowly lower down onto the toilet.

____  Lock the brakes.

____  Push down on the wheelchair arm rests to a standing position.
Guide for SESSION MATERIALS: Sequencing -- Wheelchair to Toilet Transfers

1. Push the wheelchair next to the toilet, as close as possible.

2. Lock the brakes.

3. Place hands on the wheelchair armrests.

4. Push down on the wheelchair arm rests to a standing position.

5. After standing, touch the grab bar or toilet armrests, steadying yourself.

6. Take little steps, moving until back of legs are touching the toilet, still touching the grab bar or toilet armrests.

7. Keeping hands on the grab bar or wheelchair armrest, slowly lower down onto the toilet.