



Helping someone to get up from a chair

With prompting

Get their attention and tell them you want them to get up from the chair.

Ask them to:

- put their hands on the arms of the chair
- shuffle their bottom forward in the chair
- place legs shoulder width apart
- tuck feet under chair
- lean forward, feet on the floor, nose over toes
- rock their body back and forth (if required)
- on the count of “Ready, steady, stand” push up through their hands and feet to stand



With assistance - If they need more than just a prompt to get up

Get their attention and tell them you want them to get up from the chair. Ask them to:

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- shuffle their bottom forward in the chair
- place legs shoulder width apart
- tuck feet under chair
- lean forward, feet on the floor, nose over toes
- on the count of “Ready steady stand” ask them to push up through their hands and feet to stand



You will:

- stand beside them looking in the direction they will be going.
- have your legs in a lunge position with one leg along side the person and the other where you'll end up standing
- place your arm across their back and place yourp hand on their bottom or hip
- tuck the back of their shoulder into the front of your shoulder
- place your other hand on the front of their shoulder (their shoulder should be sandwiched firmly between your shoulder and hand)
- keep yourself close to the person
- ask them to rock their body back and forth (optional)
- on the count of “Ready, steady, stand” ask them to push up through their hands and feet to stand
- step forward with them, your front foot at the same level of the client's feet.

You can walk holding them in this position, ensuring you keep them close.

If they need more support two people can do the move.