Caregiver Resources

Safe Transfer Tip Sheet

This Safe Transfer Tip Sheet aims to empower caregivers with practical insights and best practices, promoting the safety and well-being of both the Veteran and caregivers during the transfer process.

How to Transfer:

- Keep equipment, such as a walker or wheelchair, near the Veteran when transferring.
- During a wheelchair transfer, lock the brakes and remove the footrests.
- Use a transfer belt as needed.
- Place the Veteran's feet flat on the floor, if possible, and their hands on armrests, if available.
- Have the Veteran move to edge of seat.
- Help or tell the Veteran to lean forward before rising.
- Count to three before helping the Veteran stand up.
- Guide the Veteran to the next surface.

Caregiver Body Mechanics:

- Stay close to the Veteran.
- Keep feet shoulder width apart.
- Keep the back straight.
- Lift with the legs.
- Move your feet, but do not twist your back.

Keep in Mind:

- The Veteran should wear non-slip socks or shoes.
- Caregivers should use proper body mechanics to help prevent injury.
- Have the Veteran transfer towards their stronger side.
- Allow the Veteran to participate as much as safely possible.
- Ask a health care professional about any precautions or need for adapted equipment.

Disclaimer

This information is not meant to replace the advice from a medical professional. You should consult your health care provider regarding specific medical concerns or treatment.

Do you need more information on available VA resources for safe transfers?

Please consult your Veteran's VA health care provider for referrals to physical therapy and occupational therapy.

Caregiver Support Safe Transfer Video Series

Playlist: https://www.youtube.com/playlist?list=PL3AQ_JVoBEyxGk3S1ICzVmlIBwrIY7Ta

To learn more about CSP visit: https://www.caregiver.va.gov/

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