

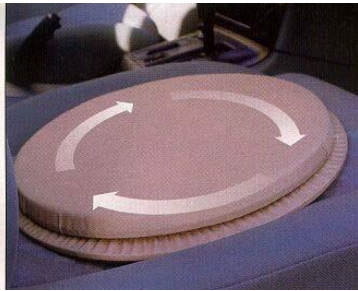
Getting in and out of the Car

The following ideas may make this task easier.

The front passenger seat is usually easier to get in and out of than the back seats. Before getting in, slide the seat back and slightly recline the backrest to give you more space for transferring.

When getting in, most people find it easier to sit on the seat and then swivel their legs into the vehicle. To get out, swivel your feet out of the car and then stand up.

Using equipment can help you to be more independent and safe.



Swivel Cushions

Swivel cushions rotate to make it easier to swivel your legs in and out of the car.

Alternatively a plastic bag or a satin pillow case (turned inside out) can be used. Be careful not to put them over the edge of the seat as you may slide to the ground.

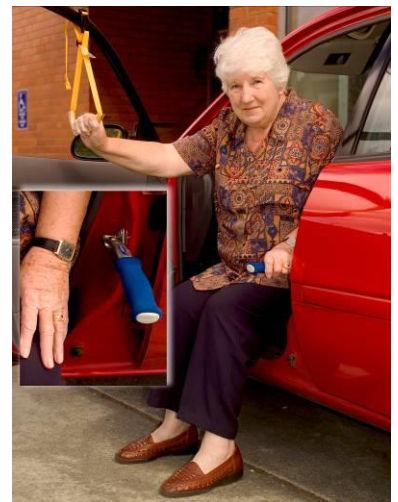
Handybar

The Handybar is a portable handle that inserts into the door frame. You can push on the handle to help you stand.



Leg Lifters

Leg Lifters help you lift and move your legs. Alternatively you can use the handle of a walking stick.



Wedge Cushions

Some car seats are tilted slightly backwards making it difficult to get out. In some cars you can adjust this angle. Otherwise a wedge cushion may be used to level out the seat. The cushion will change the position of the supports in the back rest. This may be harmful during long trips or for people who have back problems.



Slideboards

Slideboards can assist transfers between a wheelchair and a car for people who have difficulty standing. Consult an Occupational Therapist or Physiotherapist before using a slideboard.



Swivel Car Seats

A bracket can be installed under an existing car seat to allow the whole seat to swivel.

Passenger Hoist

Vehicle transfer hoists lift a person from a wheelchair in and out of the car seat. They are mounted on the inside or the outside of the car.



Vehicle Modifications

A vehicle can be modified with a lift or ramp to allow you to travel in your wheelchair. This eliminates the need for you to transfer from the wheelchair to a car seat. Alternatively you can use wheelchair accessible taxis. Some community cars may also be wheelchair accessible.

Not all wheelchairs are suitable to travel in. There are regulations regarding this. Please contact ILC Tas for more details.

ILC Tas

ILC Tas provides free information and advice about assistive technology. We have health professionals who can help you decide what you need. We offer information and advice tailored to your situation.

For more information on the items in this sheet, please contact us. We can send you information about suppliers, contact numbers and approximate prices.

Contact ILC Tas for more information



Ring **1300 885 886** to speak to a health professional



Visit our website www.ilctas.asn.au, or email us at ilc@ilctas.asn.au



Make an appointment to visit our centre at 275 Wellington Street, South Launceston



Ring us to find out when we will be visiting your area

ILC Tas is a not-for-profit organisation and does not sell equipment.

Supported by the Crown through the Department of Health and Human Services and the Australian Government Department of Health. Although funding for this service has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government.