



# Moving Forth<sup>TM</sup>



Information for families and unpaid carers  
when caring for an individual at home.



Welcome to 'Moving Forth' which is a DVD resource designed to provide support and information for families and unpaid carers who are involved in moving and handling family members or patients at home.

**It is important to note that this DVD does not replace multidisciplinary assessment for patients with complex or difficult moving and handling needs.**



Moving and handling is a crucial part of care for all patients. It is very important that moving and handling is carried out in the appropriate manner to prevent the risk of injury to both the patient and the carer.

Caring for a relative or friend at home is a daunting task and moving and handling safely can often be a worry for many. Advice about safe ways to move and handle may enable an individual to be cared for at home as long as possible. It is hoped that this DVD will provide confidence and support for those who are helping with basic moving and handling at home.

If you are unsure about any aspect of moving and handling, or feel you need help, please contact your Family Doctor, District Nurse, Community Physiotherapist or Occupational Therapist.

## DVD Contents

The DVD contains short clips and advice to assist unpaid carers and family members in moving and handling in the following circumstances:

- In and out of a car
- From wheelchair to chair
- From chair to bed
- Getting out of bed
- Moving up the bed

Where two carers are required, the DVD includes short clips and advice to assist the following moves:

- From wheelchair to chair
- From chair to bed
- Getting out of bed
- Moving up the bed



## Helpful Hints

- ★ Plan the manoeuvre
- ★ Gather everything you will need for the task
- ★ Clear some space and remove any obstacles
- ★ Give simple instructions throughout
- ★ Work as a team
- ★ Get in close and take hold
- ★ Relax shoulders and knees
- ★ Do not stretch too far
- ★ Lead with your head in the direction you are moving
- ★ Take care of yourself
- ★ Do not grip
- ★ Do not rush
- ★ If footwear is slack, worn or not supportive then carrying out the move in bare feet is generally safer
- ★ Allow the person to do as much as possible for themselves during the movement
- ★ Seek advice and help if you are unsure

## Equipment that may help

A single bed is advisable for a person who requires to be cared for in bed all the time. A single bed may need to be raised on blocks to prevent you bending low and perhaps hurting your back.

In some cases the professionals involved may decide that a hospital bed is required and they will organise this.

Slide sheets are used to move a patient up the bed when they are unable to carry out, or assist with, this manoeuvre. Slide sheets are available in different styles and for the purposes of the DVD the slide sheets are a tube of low friction material which will slide on itself to assist when moving a person up the bed.

Other styles of slide sheet are two flat sheets sliding against each other, with or without handles to grip. These can be requested from your local Social Work Department.

On the DVD the 'Two Person Move up the Bed' can also be used as an opportunity to carry out personal care.



## Useful Contacts for Equipment

- Community Alarm System – Social Work Department
- Blocks for beds – Social Work Department
- Sliding sheets – District Nurse
- Cushions – District Nurse
- Wheelchair – District Nurse, Family Doctor, Occupational Therapist, Physiotherapist
- Short term loan of wheelchair – Red Cross
- Support Groups for specific condition
- Carers' Agencies



## **The Order of St John in Scotland**

Moving Forth has been developed in partnership with The Order of St John in Scotland (Scottish Charity Number SC000262), Strathcarron Hospice (Scottish Charity SC006704) and NHS Forth Valley.

The Order of St John in Scotland provided the funding that enabled this resource to be developed, and NHS Forth Valley and Strathcarron Hospice gratefully acknowledge this financial support.

St John Scotland is part of the Order of St John, a long-established charity caring for people in need, often as 'St John Ambulance'. Its origins date back to an 11th century hospital in Jerusalem.

St John is supported by over 360,000 people worldwide who share its commitment to helping others. It operates in over 40, mainly Commonwealth, countries. Its organisations in Scotland and also Australia, Canada, England, New Zealand, South Africa, the United States of America and Wales are termed, historically, 'Priories'.

St John is also an Order of Chivalry of the British Crown. Her Majesty The Queen, its Sovereign Head, awards membership of the Order in recognition of outstanding service to St John.

Across Scotland, St John committees and volunteers are involved in a wide range of local, national and overseas projects. To contact your nearest committee, please call us at head office: +44 (0) 131 556 8711. Our activities include:

### **Rescue Services**

A key activity of St John Scotland is supporting Scotland's rescue services. We provide mountain rescue vehicles and bases, support rescue boats for Loch Lomond and the Solway Firth, and sponsor search and rescue dogs.

### **Patient Transport**

Our volunteers run free transport schemes in Dumfries and Galloway, Dundee and Angus to take people from home to hospital for their treatment.

### **Palliative Care**

The St John Unit in Stranraer is actively supported by local St John members. A new palliative care centre in Perth has a St John Day Room thanks to fundraising led by the area St John committee.

## **Other projects in Scotland**

We also have a holiday home, specially geared to people with disabilities, a retirement complex and a new programme to provide defibrillators within the community. Some of our help is given through other organisations, for example vehicles, equipment for hospitals and facilities for people with disabilities.

## **Overseas**

St John Scotland also supports Order activity overseas including eye care in Gaza, the West Bank and East Jerusalem, health projects in Malawi and other African countries, and relief in emergencies such as caused by tsunamis, cholera and famine.

## **Join us**

Membership is open to all and there are over 2000 St John Scotland members. They support St John in a wide variety of ways, from organising local fundraising events to hands-on help with particular projects.

If you would like to find out more about joining St John Scotland, please call +44 (0)131 556 8711 or visit our website at [www.stjohnscotland.org.uk](http://www.stjohnscotland.org.uk) .

Funded by:



**St John**

## PURPOSE OF THIS DVD

Advice to family members and other unpaid carers will have been given by the patient's clinician. The information and advice in this DVD is intended only as a quick reference guide for family members and unpaid carers and is not intended to replace the clinician's advice. If you have any concerns or questions about the information in this DVD please seek advice from your Family Doctor or healthcare professional. The information and advice in this DVD is not to be used or relied upon in any way as a training resource by any third party.

## DISCLAIMER

Every care has been taken in the preparation of the advice given in this DVD, however no guarantee can be given that the advice is relevant in all circumstances and carers must use reasonable care in their interpretation and use of the advice. In particular, the advice is to be used only for the purpose stated in the above paragraph (PURPOSE OF THIS DVD) and does not replace the advice of the patient's clinician. So far as lawfully possible NHS Forth Valley excludes all liability to the users of this DVD in contract or delict (negligence) other than where NHS Forth Valley's negligence gives rise to personal injury or death.

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