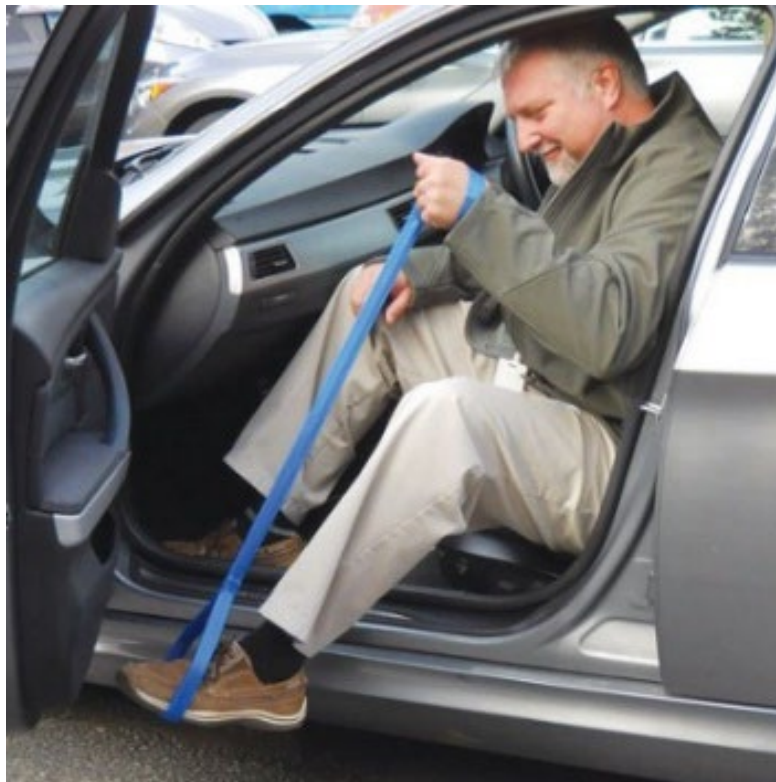


Getting in and out of the car

Getting into and out of a car may be challenging and limit your access to the community.



Here are some options that may help you get into and out of the car:

- 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, if you are able.

Straps and Bars

Adjustable straps attach around a door frame to allow you to pull yourself up.

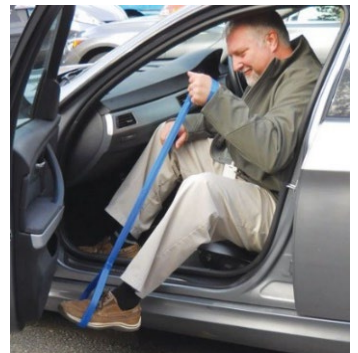


The Handybar is a portable handle that inserts into the door frame. You can push on the handle to help you stand.



Leg Lifter

Leg lifters help you, or your carer, lift and move your legs. Alternatively, you can use the handle of a walking stick.



Swivel Cushions

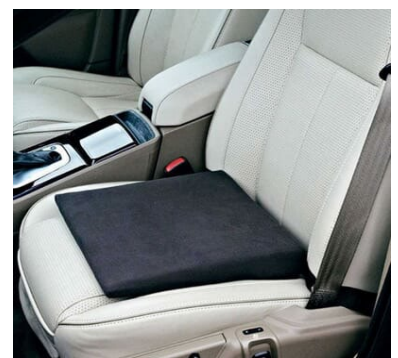
- Swivel cushions rotate to make it easier to swivel your legs in and out of the car.

Alternatively, a plastic bag or a satin pillowcase (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.



Wedge Cushions

Some car seats are tilted slightly backwards making it difficult to get out. If you cannot adjust this angle, 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.



Swivel Car Seats

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



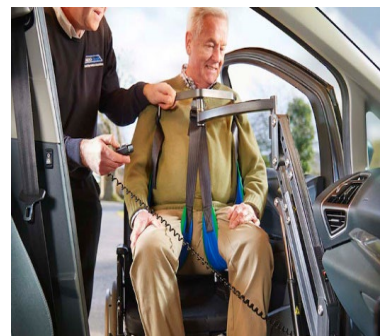
Slide Boards

Slide boards can assist transfers, between a wheelchair and a car, for people who have difficulty standing. Consult an Occupational Therapist or Physiotherapist before using a slide board.



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.

However, not all wheelchairs are suitable to travel in. All vehicle modifications must follow vehicle standard guidelines and relevant codes of practice. Vehicles may also need to have the modifications inspected and certified to ensure they comply with these codes.

Things to Consider

An alternative to vehicle modifications is to use wheelchair accessible taxis or community cars. Extra planning may be required to request this.



More information

For further information, or advice, about any item contained in this information sheet, please contact Independent Living Centre Tasmania Inc.(ILCT):

- Call 1300 452 827 to speak to a health professional.
- Visit our website www.ilct.com.au or email info@ilct.com.au.
- ILCT visits communities around Tasmania. Contact ILCT to find out when we will be in your area.

ILCT provides Occupational Therapy, Physiotherapy, Speech Pathology, and Allied Health Assistant services, on a fee-for-service basis. Our team delivers comprehensive assessments and support that may include assistive technology, home modifications, communication aids, and other tailored interventions to enhance independence and quality of life.

ILCT specifically provides supports to those aged over 18, who are Tasmanian residents and are of any culturally-diverse background. ILCT are a registered provider under the National Disability Insurance Scheme (NDIS).

Independent Living Centre Tas Inc. (ILCT) acknowledges the generous support of the Tasmanian Government – Department of Health through the Home and Community Care (HACC) Program, and the Australian Government – Department of Health and Aged Care through the My Aged Care – Commonwealth Home Support Programme (CHSP). Their ongoing contributions enable the continued provision of these information sheets and our information services.

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