



Getting In and Out of the Car

Getting in and out of a car may be challenging and limit access into the community. Here are some options that may help you hit the road.



Local call 1300 885 886 | info@ilct.com.au | www.ilct.com.au

Launceston, Hobart, Ulverstone

Things to consider

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.

Bars and straps

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

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



Leg Lifter

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

Swivel cushions

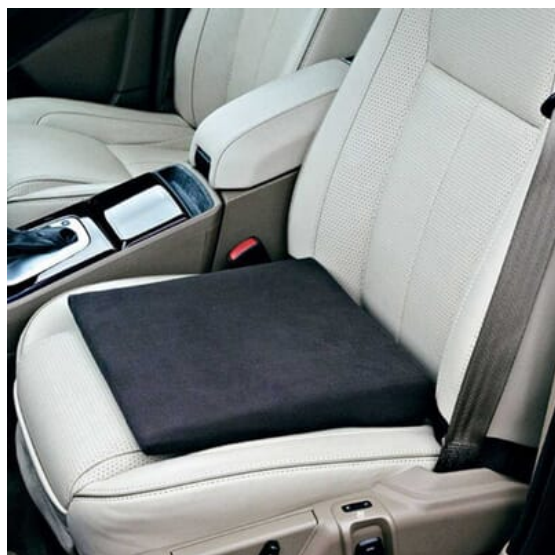
Swivel cushions rotate to make it easier to swivel your legs in and out of the car.

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. 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.



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.



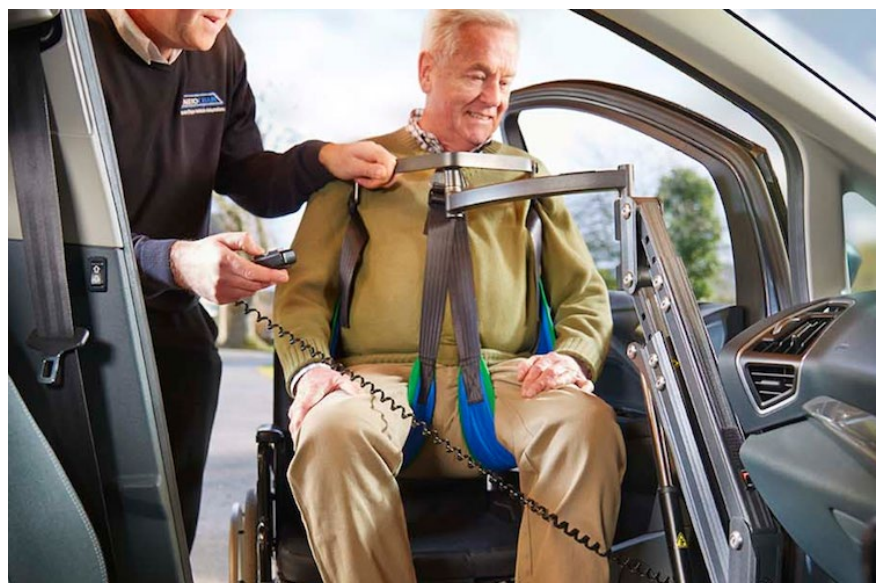
Swivel car seats

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.

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 to 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 advice about getting in and out of the car, please contact ILCT.

- o Ring 1300 885 886 to speak to a health professional.
- o Visit our website www.ilct.com.au or email ilc@ilct.com.au.
- o Make an appointment to visit one of the displays centers:
Launceston, Hobart, or Ulverstone.
- o ILCT visits communities around Tasmania. Contact us to
find out when we will be in your area.

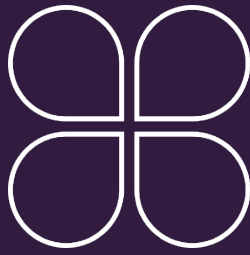
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