



Adaptive Equipment Corner

If you can't do it, adapt it!™

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Office: (618) 206-8401

Take Care 2 Care: Caregiver Training Video Series Table of Contents

Introduction for Caregivers

- ~An Introduction to the Caregiver Series
- ~How to Apply a Gait Belt

Bathroom

- ~Getting In/Out of a Walk-in Shower
- ~Getting On/Off the Toilet Using a Toilet Riser
- ~How to Install & Use Bedside Commode Frame Over a Toilet
- ~How to Install & Use a Toilet Seat Riser w/ Clamp
- ~How to Install & Use Compact Safety Rails for the Toilet
- ~How to Use a Shower Curtain w/ a Tub Transfer Bench
- ~How to Use a Stand Alone Safety Rail for the Toilet
- ~Using A Tub Transfer Bench

Bedroom

- ~An Introduction to Bed Transfer Aids
- ~Assisting w/ a Bed Transfer Using Bed Transfer Aids
- ~Getting In/Out of a Bed
- ~Mechanical Lift Transfer: In/Out of a Bed
- ~Sit to Stand Lift Transfer: Bed to/from Wheelchair
- ~Sliding Board Transfer: Wheelchair to/from Bed - Min Assist
- ~Sliding Board Transfer: Wheelchair to/from Bed - Moderate Assist

Car

- ~Assisting a Client w/ a Car Transfer
- ~Sliding Board Car Transfer

Dressing Tips

- ~How to Use a Dressing Stick
- ~How to Use a Sock Aid



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Equipment

- ~Basic Features of a Hospital Bed
- ~Basic Features of a Sit to Stand
- ~Basic Features of a Standard Wheelchair
- ~Basic Features of Mechanical Lift SLINGS
- ~Basic Features of a Mechanical Lift
- ~Using a Toileting Sling w/ a Mechanical Lift
- ~What is a Sliding Board

General Assistance

- ~Getting Up & Down from a Sitting Surface
- ~How to Use a Cane on the Stairs
- ~How to Use a Front Wheel Walker w/ a Weak Leg
- ~How to Use a Walker on the Stairs
- ~How to Use Crutches on the Stairs
- ~Sliding Board Transfer: Wheelchair to Recliner

General Helpful Tips

- ~How to Make & Use a Platform Riser
- ~Quick Tip for Area Rug / Throw Rug Safety
- ~Quick Tips for Front Wheel / Two Wheel Walkers
- ~Safety Tips for Steps

Leg Strengthening Exercises: Bed (Supine)

- ~An Introduction to Bed/Supine Exercises:
- ~Ankle Pumps
- ~Glut Sets
- ~Heel Slide
- ~Heel Slide Using a Leg Strap
- ~Hip Abduction / Adduction
- ~Quad Sets
- ~Short Arc Quads
- ~Straight Leg Raises



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Leg Strengthening: Sitting

- ~Heel & Toe Raises
- ~Hip Abduction / Adduction
- ~Hip Flexion (Marching)
- ~Long Arc Quads

Leg Strengthening: Standing

- ~An Introduction to Standing Exercises
- ~Hamstring Curls
- ~Heel Raises
- ~Hip Abduction
- ~Hip Extension
- ~Hip Flexion (Marching)
- ~Small Knee Bends
- ~Toe Raises



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