Making Seating A Success

John is a stroke survivor. About twenty five percent of Long Term Care residents have had a stroke.

If John is not sitting properly, he may have problems with:
- eating, swallowing and talking
- dressing
- moving his body
- moving his wheelchair
- pain

1. **Head** is tilted
2. **Shoulder & Back** are tilted to the side
3. **Arm** is not supported
4. **Hip** is tucked under & slipped forward
5. **Feet** are not flat on floor
Help John Without Hurting Yourself

While helping John, ensure that your knees are bent and your back is straight

DO NOT level John’s hips by trying to lift them with your hands

DO make hips level by drawing the tucked hip out towards you, ensuring your knees are bent to protect your back

DO NOT place just the heel of John’s foot under his knee

DO ensure that the ball of John’s foot is directly under his knee

DO NOT pull John’s stroke arm to his lap

DO gently place John’s stroke hand on his lap

DO NOT pull up underneath John’s armpits to take the weight off his hips

DO guide John’s shoulders forward to shift the weight off his hips

DO NOT lift John’s hips to the back of the chair

DO gently slide John’s hips back into the chair by placing your knees against his, and then carefully guiding them backwards

While helping John, ensure that your knees are bent and your back is straight

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Successful Seating!

John can now more easily:
- eat, swallow & talk
- dress
- move his body
- move his wheelchair
- be pain free & comfortable

For More Information:
Heart & Stroke Foundation of Canada (2015) Taking Action for Optimal Community and Long Term Stroke Care (TACLS) [Link]