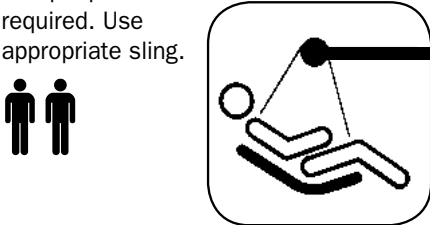
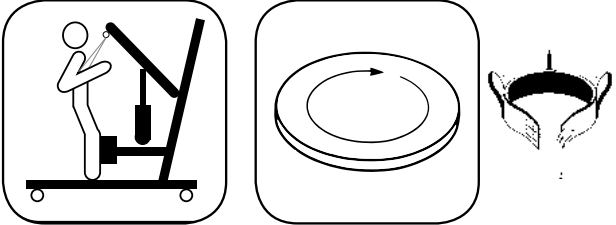
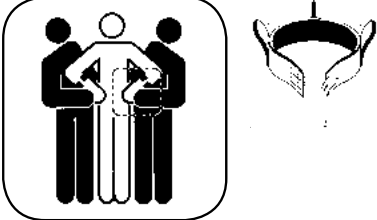

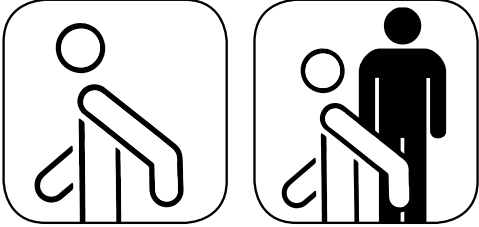


Don't forget to 'PACE' yourself!

Physical – Transfers

STATUS CHECK	ACTION (may require bed adjustments and cuing, for assistance)	IF PERSON IS NOT ABLE
Bed Mobility	Roll onto side in bed	Two people required. Use appropriate sling. 
Transfer into sitting	Sit up on edge of the bed from side lying position	
Sitting Balance	Sitting on the edge of the bed upright with hands in their lap	
Sit to Stand	Weight bearing ability while seated	
Stand/Walk/Transfer	Stand-up and initiate a step	Two people required. Optional gait/transfer belt 
Walk/Transfer	Stability and weight bearing ability while standing	Optional gait/transfer belt 
Walk/Transfer	Stability and weight bearing ability while standing	
If able to complete Mini-Assessment		

*Disclaimer: This is meant as a guide for mobility only, not prescriptive requirements. Please consult with your mobility or rehab team for support.