



ACCESSORIES FOR GETTING IN AND OUT OF THE CAR

CAUTION

This sheet contains general recommendations and does not constitute a professional assessment.

How to get in the car

Getting in and out of the car can be difficult. To make things easier, use this method.

1. Stand with your back to the car.
2. Let yourself slide along the backrest.
3. Push yourself further along the seat.
4. Turn and move your legs in, one at a time.

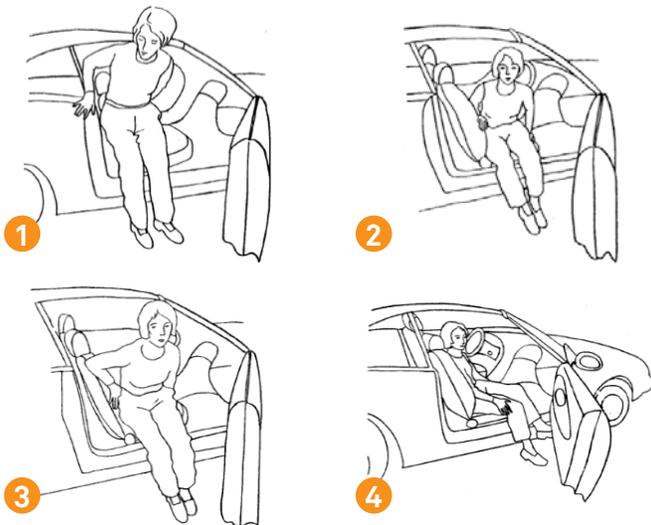


Image taken from <http://www.asstsas.qc.ca>

Precautions

Do not use the door for support; it is mobile and you could lose your balance.

Helpful accessories to help you get up

If you have difficulty sitting down and getting up, you could raise the car seat by adding a **firm cushion**.

If you need a firm support, you could use the **Handy Bar^{MC}**. The bar takes only seconds to install. Once the door is open, you insert it in the door's striker. It must be removed to close the door.



Helpful accessories to help you turn

If you have difficulty turning on the seat to place your legs in the car, you could use a **plastic bag**. This will make the seat more slippery. You could push part of the bag into the fold of the seat to hold it in place.

A **car swivel seat cushion** can also be useful. This accessory eliminates friction to help you turn. Simply install it on the seat and sit down on it. It is not recommended for use outside the car, unless you have received professional instruction.



FOR PROFESSIONAL ADVICE

Consult an occupational therapist to have your abilities evaluated or for personalized advice about the use of the car.

Be sure to talk to your physician about any difficulties that you are having during your daily activities!