

Lifting Solutions

As a provider, you often must work alone and lift or move recipients by yourself, which could lead to a back injury. However, there is a lot of equipment available, called “durable medical equipment” that can help you avoid injury on the job and also make getting around easier for your recipient(s). Some of this equipment has been developed for the home to be more portable and to fit in the bedroom.

These devices include:

- **Lifting equipment** – to help people get in and out of bed, or in and out of the bathtub, or to walk with the aid of a lift.
- **Shower chairs** – that can be used to wheel the client over the toilet and into certain kinds of showers.
- **Wheelchairs** – with removable armrests and footrests to make it easier to lift the client.
- **Transfer benches** – to transfer in and out of the bath more easily.

Most durable medical equipment is covered free of charge under your client’s Medi-Cal coverage, but they need to ask either their doctor for a prescription or explain their need to a social worker.

Here are some photos of a few kinds of lifting and transfer devices:

