



CAR ASSIST PACK – SELF ASSISTED/UNASSISTED

This guide covers all products with the prefix CAP001

The **Car Assist Pack – Self Assisted/Unassisted** helps users to get into and out of cars independently with greater ease and comfort.

CAR ASSIST PACK – SELF ASSISTED/UNASSISTED EXPLAINED

CAR SLIDE SHEET



The **Car Slide Sheet** is a slide sheet designed to help swivel in and out of a car with ease. For use independently or with a carer(s).

LEG LIFTER – CAR



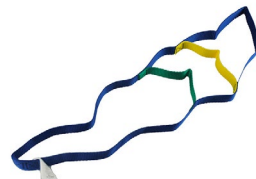
Where lifting legs into a car is a problem, the **Leg Lifter – Car** allows users to get in and out independently. It can also be used where you need to raise your legs onto the couch/sofa or even onto a bed.

HANDYBAR®



Designed as an aid to stand when rising from a car, the **Handybar®** is a very simple but strong and reliable aid to mobility. Made from forged steel, it simply fits into the door bracket on the cars door frame, where it will then remain for as long as it is needed.

CAR DOOR PULL STRAP



This **Car Door Pull Strap** is for those who struggle to shut their car doors because they can't reach. Suitable only for car doors with an open grip.

USER INSTRUCTIONS CAR SLIDE SHEET



1

Place the **Car Slide Sheet** on the seat to be used by the person requiring some assistance. This can be done by either the person themselves or with a carer/helper.

This can be used both on the driver or passenger sides but **MUST BE REMOVED PRIOR TO THE CAR MOVING.**

With the open sides running parallel to the seat, tuck the **Car Slide Sheet** between the back rest and the seat where it will be secured.

2



3

The user can then lower themselves onto the seat. They may support themselves by holding onto any part of the car.

The user can then gently swivel around so they are facing front. If they need help with their legs, they can use a **Leg Lifter (LL1550)** to assist – either independently or with help from a carer.

4



5

REMOVING THE CAR SLIDE SEAT

Leaning in towards the middle of the car, the **Car Slide Sheet** can simply be pulled gently out from underneath the user's bottom.

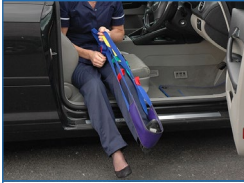
The **Car Slide Sheet** can be folded up and placed in the door pocket ready to be used to get out at the end of the journey.

6



USER INSTRUCTIONS

LEG LIFTER – CAR



1

GETTING LEGS INTO THE CAR

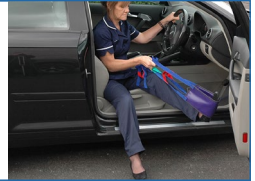
Please note: YOU MUST have sufficient strength to be able to sit unaided on the edge of the seat.

Sit safely on the edge of the seat, ensuring a safe contact with the ground. Using the long handles of the **Leg Lifter – Car**, place the strap under the sole of what will be your inside foot.

Adjust the straps to suit in terms of length so that the leg/foot feels supported. Then take both straps in one hand, as shown.

With your other hand now free, you can hold the steering wheel or dashboard and use it to support you as you turn slightly in the car seat, enabling the **Leg Lifter – Car** to support your foot and begin to raise it into the car.

2



3

Swivelling your bottom around (with or without a turning device), continue to use the **Leg Lifter – Car** to support your foot until it is resting on the floor of the car.

Continue to support your foot until you have it in the right place. Then, release one handle and, pulling on one strap, pull the product from under your foot and back towards you.

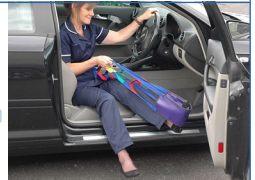
Repeat with the other foot.

GETTING LEGS OUT OF THE CAR

Using the long handles of the **Leg Lifter – Car**, place the strap under the sole of the foot, not your heel, as shown.

Support the foot (not the ankles) with the padded section of the **Leg Lifter – Car**, holding the straps so you do not have to bend or stoop.

4



5

Shorten the length of the straps by 'walking' your hands down, loop by loop, bringing the leg(s) just above the horizontal.

Rotate (you may need a **Rota Cushion** or **Anti-Slip Slide Sheet** to help your bottom to turn) until your foot is safely resting on the floor.

Repeat with the other foot and remove the **Leg Lifter – Car**.



ALTERNATIVELY, USE THE LEG LIFTER TO SUPPORT UNDER YOUR THIGHS

- Place it under the thigh above the knee so it supports your leg.
- Hold onto the **Leg Lifter – Car**, if in a car, support yourself on the steering wheel/dashboard.
- Raise your thigh using the **Leg Lifter – Car** and slowly swing it into the car.
- To remove the **Leg Lifter – Car** let go of one side of it and pull it through gently – not pulling on the leg.
- If using for one leg at a time, repeat the process with your other leg.

WIPECLEAN ONLY

Straps can be hand washed gently if necessary



1

GETTING INTO THE CAR

Place the **Handybar®** in the U shaped striker plate on your car door frame and test it is secure.

With one hand on the door handle place your other hand on the **Handybar®** for extra support and steadily sit down on the seat. The **Handybar®** will assist your balance while lowering.

2



3

GETTING OUT OF THE CAR

When you have parked and want to get out of your car, turn yourself around ready to stand up and reach for the **Handybar®** as shown.

Place it in the U shaped striker plate on your car door frame and test it is secure.

4



5

Use the **Handybar®** now to lean on while using the car door as additional support, as shown.

Once in an upright position make sure that you are stable before removing the **Handybar®** and placing it in your car door pocket.

6



ALTERNATIVE USES FOR THE HANDY BAR

- **Side Window Breaker** – if needed strike the centre of the side window with the pointed end, using a hand snapping motion.
- **Emergency Seatbelt Cutter** – the Handy Bar can also be used to cut seatbelts, remove slack from seatbelt, insert belt into the cutter slot and pull firmly across the body.

WIPECLEAN ONLY

USER INSTRUCTIONS CAR DOOR PULL STRAP



Please ensure that the **Car Door Pull Strap** is compatible with your car door handle.



1

Loop the **Car Door Pull Strap** through the handle of the car door as shown, holding the **Car Door Pull Strap** tight.

Thread the top loop through the first bottom loop and pull.
The **Car Door Pull Strap** is now secure.

2



3

Sitting in the car, you can now use the **Car Door Pull Strap** to pull and close the door.

The **Car Door Pull Strap** can then be removed from the door or left attached for further use, provided it doesn't interfere with driving.

4



PACK INCLUDES

- 1 x Car Slide Sheet
- 1 x Leg Lifter – Car
- 1 x Handy Bar
- 1 x Door Pull Strap

FABRIC CONTENT

Car Slide Sheet: 100% Polyester.

Leg Lifter – Car: PVC Coated Polyester with 100% Polypropylene Straps.

Handy Bar: Forged Steel.

Door Pull Strap: 100% Polypropylene.



STORAGE AND HANDLING

- Store in a clean dry environment that is not subject to excessive heat.
- Keep away from sunlight.
- Store flat and avoid placing heavy objects on top of the products.



Keep dry



Keep away from sunlight

WARNINGS AND PRECAUTIONS

- Do not leave or drop on the floor; it is a slip or trip hazard.
- Test all slide sheets for slippiness before use. If over-laundered and they don't slide please discard and replace.
- Inspect all products, including handles, before use for signs of damage or tears.



Caution



Do not use if package is damaged



Storage Temperature Limit

CLEANING INSTRUCTIONS

- Wash as per laundry instructions on the previous pages.
- Can be wiped clean, between use with the same patient, with natural water and detergent or wipes that don't contain alcohol, solvents, bleaching or abrasive agents.
- Cleaning materials used should be patient safe and biodegradable.



DISPOSAL INSTRUCTIONS

- Non-recyclable.
- Dispose of as clinical waste if it has been used by an infectious person.
- Otherwise dispose of through normal waste management.



Patient Information website



Medical Device



MANUFACTURER

Hospital Direct (Marketing) Ltd, Units 3 & 4, The Green, Clun, Shropshire SY7 8LG, United Kingdom

EU REPRESENTATIVE: Med-Di-Dia Limited, Galway Technology Centre, Mervue Business Park, Galway H91 D932, Ireland



www.hospitaldirect.co.uk

HOSPITAL DIRECT (HD) ADDITIONAL SYMBOLS

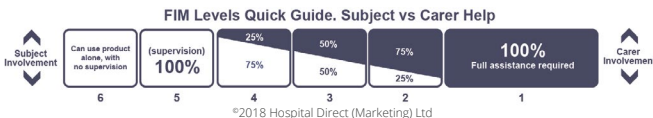
At HD we understand that not everyone is familiar with all equipment, so to help therapists and healthcare professionals in assessing a product's suitability for a client, we have included two assessment tools, Functional Independence Measure (FIM) and Easy Guide Symbols. These will enable the healthcare professional to assess their client and decide whether or not a product will help the person based on their level of dependence and functional ability.

FUNCTIONAL INDEPENDENCE MEASURE (FIM) ASSESSMENT

Our FIM assessment guide for each product will help you decide the suitability of this product for the person's ability and need. Based on the standard criteria from Level 6 where the person can use the product unaided and unsupervised to Level 1 where all the assistance is provided by the carer and the client can do nothing, this guide is easy, quick and simple to use to check suitability against ability and circumstance.

EASY GUIDE SYMBOLS

We use four symbols to indicate where a product is suitable and safe for the person to use unassisted, with a single carer or with multiple carers. These symbols indicate the minimum recommendation.



Person Unassisted



Single Carer



Two Carers



Four Carers

HD has a policy of continuous development and, as such, reserves the right to alter specifications (including measurements, materials and colours) without prior notice.