

Stairs Practice

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Reablement Team

Name:	
DOB:	
Therapist:	
Date compiled:	

Stairs Practice

Goal:	
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Task
<ul style="list-style-type: none"> • Discuss with the client how they are going to ascend & descend the stairs i.e. the good leg goes up to heaven, the bad leg goes down to hell • To ascend stairs, start with the good leg first & then the worse leg- specify Right or Left (if applicable) • x1 support worker in front of client, x1 support worker behind client while ascending and descending- Always a double handed call. • Ensure the client places the whole of their foot on the step • To descend stairs one at a time • To use the rail/ rails to assist to ascent stairs • To descend stairs start with bad leg first & then follow with the good leg (if applicable) • Ensure feet are placed fully on each step at a time • Use the rail/rails to assist down the stairs <p>Ihave assessed the Intermediate Care Support Workeras competent to carry out the above programme with the client.</p> <p>Signed(Therapist) Signed(Support Worker)</p>

Dynamic Risk Assessment
<ul style="list-style-type: none"> • Please ensure you are using dynamic risk assessment • Observe pts sit to stand from chair and mobility on way to stairs • Ask patient if they feel well and able to go up and come back down with verbal encouragement from support worker • Ensure stairs are clear of any objects/trip hazards • Ensure stairs are well lit • Ensure flooring secured and suitable • Ensure hand rails at appropriate height that patient can use as necessary • Support worker please check leading 'good' leg is right or left on each occasion (if applicable)