



**PERSONAL ASSISTANCE
SERVICES COUNCIL**

Supporting and Enhancing Independence



Safety Measures of Lifting & Transferring (Topic), Engage with the community under our current consumer corps program. This is a measure of advocacy for our recipient community as well as their caregivers.

In this Consumer Corps Meeting, our Outreach Specialists (who are also IHSS Recipients) have put this meeting together with their input on how to be properly lifted and or transferred.

YOUR VOICE MATTERS!

Outreach Specialists

Laura (Lara) Minges has Cerebral palsy and Postural Orthostatic Tachycardia Syndrome

“There are various types of disabilities where people use various ways of transferring.”

Yael Hagen – Juvenile rheumatoid arthritis.

“Everyone is different, so please listen to directions and ask before helping”

Eddie Sierra – C4 C5 quadriplegia/ spinal cord injury.

“important to conserving and not injuring further and finding the best transfer device that works for you”.

Things to know about transferring:

- People with disabilities may have different ideas about what constitutes a safe and effective transfer than an IHSS worker.
- Remember, you are moving our bodies. This is very personal and vulnerable and often evokes feelings or memories we are not sharing with IHSS workers or other personal care attendants.
- Working with our bodies means we are trusting you; take this trust seriously and ask what we want.
- In the moment you are moving us, we are not generally thinking about how much experience you have or how many other people you've worked with, we care about how careful you will be, how much you will listen and whether you will

respect us and our privacy/dignity and see our bodies as more than just in need of your help.

- People with disabilities will be much more receptive to this if you have first built **mutual trust** and **respect** with one another and negotiate well.
- This will go a long way toward trust because it helps prevent a sense that people with disabilities and or older adults (IHSS Recipients) are being corrected, judged or assessed about something as personal as how we are able to move. IHSS Recipients will then be more able to assess their current IHSS Providers feedback and address your concerns.

How do you financially pay for it (transfer device)?

Medicare Part B (Medical Insurance) **covers patient lifts as Durable Medical Equipment (DME)**, they are prescribed by a doctor for home use. However, Medicare's coverage rules are specific regarding the *type* of lift and the cost-sharing involved.

<https://www.medicare.gov/coverage/durable-medical-equipment-dme-coverage>

[Center for Health Care Rights](#)

Remember, if you are an IHSS Recipient, you also have Medi-CAL.

Medi-Cal can cover Hoyer lifts as Durable Medical Equipment (DME) when medically necessary, but it requires a detailed approval process with a prescription, documentation of need by a physical therapist, and submission of a Treatment Authorization Request (TAR) to the health plan or Medi-Cal. Coverage depends on proving it's essential for a medical condition, serves a specific purpose, and isn't available through other means, often needing to exceed what a walker provides. For Eligibility, **speak to your Managed Care Plan.**

Key Requirements for Coverage:

1. **Medical Necessity:** A doctor's prescription is required, with detailed records showing the lift is needed due to your specific condition.
2. **Physical Therapist Evaluation:** A licensed PT must evaluate you and confirm you need more support than a walker and can use the lift purposefully.

3. **Treatment Authorization Request (TAR):** Your provider must submit this to your Managed Care Plan or Medi-Cal for approval before the lift is provided.
4. **Durable Medical Equipment (DME):** The lift must meet criteria for DME (repeated use, medical purpose, not useful without impairment)

People with disabilities are transferred in a lot of different ways.

IHSS providers and recipients often experience fear around transfers. Moving safely is important, and injuries can be difficult to recover from.

Here are some tips for this:

1. If you need to use a lift, remember that you—as the person being supported—are separate from the lift itself. While this may seem obvious, it can be easy to feel disconnected from your body when a machine is involved and your movement is limited. If this affects you, support from peer disability groups or licensed therapists can be helpful.
2. Lifts may occasionally make us feel less empowered when we rely on them. Finding ways to connect with environments where you feel strong, positive, and in control—or where you want to grow those feelings—can help balance that experience.
3. Remember that lifts are designed to support you. They are intended to be helpful and to promote greater independence. They are simply tools to assist you in living your life, nothing more, nothing less.

Hydraulic Stand-Up Lifts



[Hydraulic Stand Up Lifts: Full Video](#)

Walker



[Sit to Stand with a Walker - Ask Doctor Jo - YouTube](#)

Security Pole



https://youtu.be/moPrgqGun_0?si=qomF6po2CX4AGd6l

Sliding boards



Detailed sliding board transfer video with critical information:

[How to Complete a Slide Board Transfer | Wheelchair to Bed | Paraplegic Transfer - YouTube](#)

Lifting vests:

Lifting vests are vests with straps to help with transferring, lifting or standby assistance when walking. They are best used when someone needs minimal to moderate support during transfers to steady themselves and not in a transfer situation where an IHSS provider needs to provide significant physical support or bracing.



<https://www.youtube.com/watch?v=BTxzS9bygr4>

Gait/Transfer Belts

Gait/Transfer Belts are similar in that the belt goes around the IHSS recipients and can be used to pull them up. Again, this should be used to help move and not as a situation where the belt takes the place of needed, active physical support or transfer device help from an IHSS Provider.



Note: Gait belts have improved in safety and stability in recent years and can be very helpful.

Reminder: Transferring methods are individual choices and are often part of the way people with disabilities see themselves and their way of being in the world.

Resources:

- Video Example of how to use a Hoyer lift
https://youtu.be/QEyRIXaACOI?si=XBjlpC8x6H_RVnHI
- Hoyer Lift User's Manual provided by the California Department of Social Services
[how to use a hoyer lift.pdf](#)
www.craighospital.org
[Care Training Course - Craig Hospital](#)
caretraining@craighospital.org

[Educational Video: Pivot Transfers - Craig Hospital](#) [Educational Video: Pivot Transfers - Craig Hospital](#)