

Getting in and out of a car

- Make sure that the car is parked on a level and away from the kerb.
- Sit in the front passenger seat.
- Move the passenger seat as far back on its runners as it will go in order to maximise leg room.
- Recline the back of the seat.
- Walk up to the car and position yourself so that the backs of your legs are against the car doorframe (engine to your right, boot to your left).
- Prepare to sit down by placing one hand on the dashboard and the other on the doorframe.
- Sit as far back onto the seat of the car as possible, remembering to keep your operated leg straight out in front of you.
- Lean backwards onto the reclined seat and swing both legs into the car together. You may need assistance with this.
- Once in a comfortable position, adjust the back of your seat to a more upright position. However, when adjusting the back of your seat it is important that your hip is not bent to an angle of more than 90 degrees, so keep your legs out straight.
- You should now be able to do your seat belt up without difficulty.
- To get out of the car, reverse the procedure, not forgetting to recline the seat.

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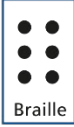
Easy to Read



Translation



Audio



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Please contact (PALS) the Patient Advice and Liaison Service on:

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