



Glossary

Bedside Commode (BSC)- a moveable toilet that does not use running water, includes a frame with a toilet seat and bucket for use when an individual is unable to get to the toilet. Most BSC frames can be used, without the bucket, over the toilet in order to increase the sitting height and for armrests for push off to assisting in getting up.

Bathtub Transfer Bench- used to assist in safety for tub showers, preventing an individual from having to set over the side of the tub. The bench straddles the side of the tub, with the user sitting down on it outside of the tub. The user then gradually slides over, lifting one leg over the tub at a time from outside to inside the tub.

Car Assist Handle- a device that slides into the door latch of the car, providing a hand hold for leverage when pushing up to stand or when sitting down into a car.

Front Wheeled Walker (Two Wheeled Walker)- walker with two front wheels and no rear wheels. Front wheels are typically fixed. These walkers do not have to be lifted in order to move them forward, allowing for a more natural walking pattern while providing support for someone with decreased mobility, strength and balance.

Gait Belt- belt applied to an individual by a caregiver in order to assist/provide support/improve safety during activities such as walking, transferring from one surface to another or any other activity in which an individual requires at least contact guard assistance in performing.

Leg Lifter- an assistive device that allows the arms to be used to help lift one's leg on/off of the bed, wheelchair leg rest, in/out of the car, etc.

Levels of Assistance

Independent (I)- individual requires no assistance or supervision from person or assistance from a device to complete an activity.

Modified Independent (MI)- individual completes a task with the use of a device (e.g., cane, walker, BSC, grab bar, etc.) and/or requires extra time to complete the activity.

Standby Assistance (SBA)- no physical contact is required by caregiver; the individual requires supervision or verbal cues to complete the activity.

Contact Guard Assistance (CGA)- individual requires light physical contact from caregiver (e.g., light touch to steady the individual without actual support)

Minimal Assistance (Min A)- caregiver provides 25% or less of the assistance needed to complete the activity.

Minimal to Moderate Assistance (Min/Mod A)- caregiver provides from 25% to 50% of the assistance needed to complete the activity.

Moderate Assistance (Mod A)- caregiver provides- caregiver provides at least 50% of the assistance needed to complete an activity.

Moderate to Maximal Assistance (Mod/Max A)- caregiver provides from 50% to 75% of the assistance needed to complete the activity.

Maximal Assistance (Max A)- caregiver provides 75% or more of the assistance needed to complete an activity.

Dependent/Total Assistance (D/Total A)- caregiver provides 100% assistance or support to complete the activity.

Mechanical Lift- sometimes referred to as a “Hoyer Lift”, which is a brand name. Assistive device used to transfer an individual who is unable to bear weight through their legs and or is dependent with care from one surface to another (e.g., bed ⇄ wheelchair, bed ⇄ bedside commode).

Prone- position of lying face down.

Rollator Walker- a walker that rolls, having wheels at the bottom of each leg. Most typically having 4 wheels, though some may have 3. The front wheels typically swivel for improved control, with most having hand brakes. Usually include some sort of basket or bag with some including a seat.

Sacral- referring to the area of the tailbone

Sliding Board (Transfer Board)- assistive device used to make a “bridge” between two surfaces, allowing a person to “slide” across from one surface to the other (e.g., wheelchair ⇄ bed, wheelchair ⇄ commode). Typically used for someone who is unable to use or has limited use of their legs or if standing to transfer is unsafe.

Sit to Stand Lift- assistive device used for an individual who is does not have the strength to stand/ assist in standing on their own, but is able to bear weight through their legs. Can be used for transfers from one sitting surface to another (e.g., bed↔wheelchair, bed↔bedside commode). Individual being transferred needs to be able to sit up on the edged of the bed with or without assistance and must be able to bend at the hips, knees and ankles.

Standard Walker- walking aid with four legs without wheels. Can be more stable than a wheeled walker for some, but typically must be lifted to be moved forward when walking. Often used for individuals who are non-weightbearing/limited weightbearing on one leg.

Supine- position of lying face up.

Tactile Cue- the use of physical touch given as a prompt or guidance in order to assist an individual on how to complete an activity.

Transfer- to move an individual from one place or position to another (e.g., sitting↔lying, sitting↔standing, bed↔chair)

Transfer Board (Sliding Board)- assistive device used to make a “bridge” between two surfaces, allowing a person to “slide” across from one surface to the other (e.g., wheelchair↔bed, wheelchair↔commode). Typically used for someone who is unable to use or has limited use of their legs or if standing to transfer is unsafe.

Two Wheeled Walker (Front Wheeled Walker)- walker with two front wheels and no rear wheels. Front wheels are typically fixed. These walkers do not have to be lifted in order to move them forward, allowing for a more natural walking pattern while providing support for someone with decreased mobility, strength and balance.

Verbal Cue- a spoken prompt or instruction given in order to assist an individual on how to complete an activity.

Visual Cue- the use of a visual reminder given as a prompt in order to assist an individual on how to complete an activity.