

## Getting In and Out

*Mobility ideas to support those who have difficulty sequencing or moving into or out of a vehicle*

*By Amanda Bulgarelli, PAC Mentor*

Getting into, and back out of, a car is something that most of us do on a daily basis. Some of us even do this multiple times in one day! When dementia joins the party, the process of getting your brain to tell your body how to get into or out of the car can get a little fuzzy. [Check out this great article from the UK on how to more easily get in and out of a car.](#)

As we researched this concept more thoroughly, we found another resource entitled ['The Proper Way to Get In and Out of a Car'](#). While this video denotes a **right** and **wrong** way to do this activity, we at PAC like to think of it more as a new way and an old habit to get into and out of a car. Once dementia messes with the sequence of getting into and out of the car, we will use old sensory motor memories of simply sitting down and standing up to support someone with the sequence. This is also a useful tool if there are any mobility or pain issues in the lower half of the body. If you have ever had a hip surgery, you know that this keeps you from breaking the rules on mobility.

Now to bring it back to PAC, [here are some helpful videos](#) from Teepa, Kathryn, and Lauren that demonstrate breaking down the above movements into smaller, more manageable pieces for someone living with dementia.

First, Teepa describes the overall process of getting into and out of a car so that you can see the steps. Next, Teepa demonstrates with Kathryn getting into a car with support. Finally, Teepa demonstrates with Lauren two ways of getting out of the car with support. Please let us know if you have questions or are unsure about trying out this process.