

## Sleeping: Bed Equipment

**Bed-related equipment may help you move and position yourself in bed, get into, and out of, bed and be more comfortable.**

### **Things to consider:**

- Is the equipment meeting your needs, and suitable for the type of bed, mattress and pillow you are using?
- Is the equipment safe to use without causing injury while you are in bed, or during bed transfers?
- Is the equipment compatible with your bed?
- Can the equipment be secured or used without causing damage?

### **Repositioning in bed**

#### **Over-bed poles**

An over-bed pole helps with independent repositioning and rising to a sitting position. Bed poles may cause discomfort or injury with repeated use and should be prescribed and fitted by a health professional.



#### **Support rails/grab bars**

These rails need to be installed properly next to the mattress. Some clamp to the bed frame, and some are freestanding. The rail provides a leverage for you to turn from side to side.



#### **Slide sheets**

A sliding/rolling sheet assists with turning over while in bed and may help with transfers. It is often used by carers to assist with movement.



## Sitting up

There are products to help with sitting up in bed. These are often used by people with breathing issues, digestive problems, post-surgery recovery or needing support while eating or reading.

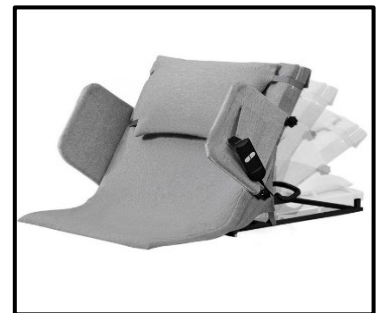
### Adjustable backrest

An adjustable angled backrest sits on top of the mattress, and it enables you to sit up with back support. The base needs to be located against the wall or headboard before use. They are lightweight and portable, making it easy to move or store when not in use.



### Electric adjustable backrest

This is a powered option using a handset with two buttons to adjust the backrest angle. However, it is usually heavier than non-electric options, making it harder move the backrest to change the bed linen when needed. Some models have a more limited angle range than others.



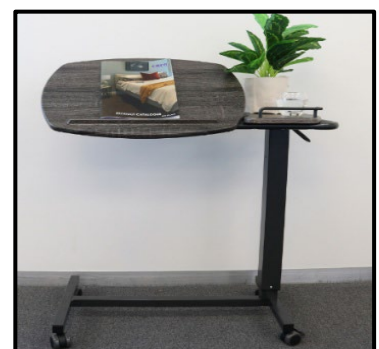
### Bed Ladder

A bed ladder assists with pulling yourself up from lying to sitting. This requires the user to have sufficient arm and core strength. The opposite end of ladder needs to be secured onto a sturdy frame at the foot of the bed.



### Over-bed table

They are designed with wheels and adjustable height, making them easy to move and customize. They are convenient for meals, keeping food and drinks within easy reach and at a comfortable height. Some models having tilting surfaces or compartments for better organization, supporting use of a laptop, writing, reading or drawing.



## Transfers

### Leg lifter

A leg lifter is simple but effective tool to help people with limited leg strength or movement range to lift their legs onto or off the bed. It often reduces discomfort when moving stiff or weak legs.

Always move slowly to avoid dizziness or strain and keep the lifter within reach when in bed. If you're unsure at first with use of the lifter, practice with a caregiver or therapist.



### Bed pole/ Bed stick

A bed pole/ bed stick may assist with getting in and out of bed. A bed stick should be prescribed and fitted by a health professional to ensure that its use does not present a danger for someone who may be at risk of injury because of confusion or impaired mobility.

Always check that the pole is secure before use and use non-slip footwear when getting out of bed. If you feel dizzy or weak, pause and rest before standing.



### Furniture blocks

Blocks under bed legs or castors will increase the height of a bed and assist sit-to-stand movements. For safety, it is important to ensure that these are set up correctly and are the correct height for the user.



### Comfort

A wedge-shaped cushion elevates the lower legs and may help to reduce fluid or pain in the legs.



A bed cradle holds the weight of bedding off the lower legs. Some bed cradles are height adjustable.



# More information

For further information, or advice, about any item contained in this information sheet, please contact Independent Living Centre Tasmania Inc.(ILCT):

- Call 1300 452 827 to speak to a health professional.
- Visit our website [www.ilct.com.au](http://www.ilct.com.au) or email [info@ilct.com.au](mailto:info@ilct.com.au).
- ILCT visits communities around Tasmania. Contact ILCT to find out when we will be in your area.

ILCT provides Occupational Therapy, Physiotherapy, Speech Pathology, and Allied Health Assistant services, on a fee-for-service basis. Our team delivers comprehensive assessments and support that may include assistive technology, home modifications, communication aids, and other tailored interventions to enhance independence and quality of life.

ILCT specifically provides supports to those aged over 18, who are Tasmanian residents and are of any culturally-diverse background. ILCT are a registered provider under the National Disability Insurance Scheme (NDIS).

Independent Living Centre Tas Inc. (ILCT) acknowledges the generous support of the Tasmanian Government – Department of Health through the Home and Community Care (HACC) Program, and the Australian Government – Department of Health and Aged Care through the My Aged Care – Commonwealth Home Support Programme (CHSP). Their ongoing contributions enable the continued provision of these information sheets and our information services.

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