



Sleeping: Bed Equipment

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



Local call 1300 885 886 | info@ilct.com.au | www.ilct.com.au

Launceston, Hobart, Ulverstone

Things to consider

It is important that bed-related equipment is chosen according to your needs, and is suitable for the type of bed, mattress and pillow you are using. It should be used safely to prevent injury whilst you are in bed or during bed transfers.

Mobility and positioning

- A sliding/rolling sheet assists with turning over while in bed and may help with transfers.
- 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.



Transfers

- 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.
- 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.

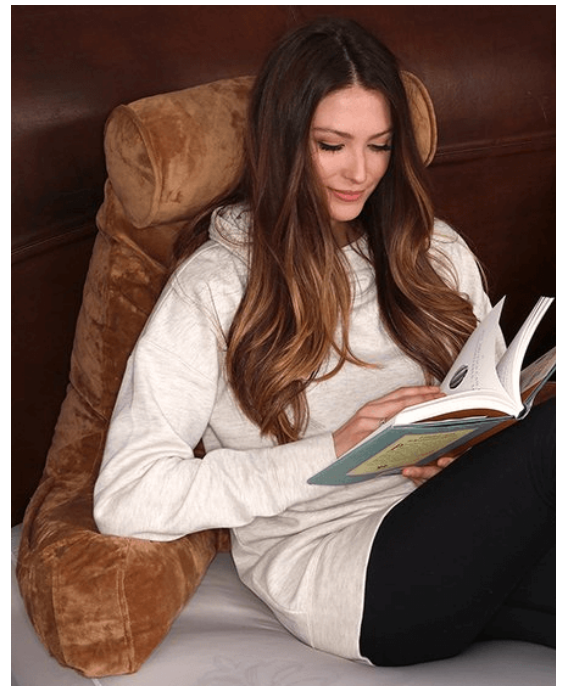


Sitting

There are products to help with sitting up in bed. These are often used by people with respiratory conditions or needing support while eating or reading.

They include:

- An adjustable angled backrest frame which sits on top of the mattress and supports pillows.
- A foam 'bed armchair' provides sitting support.
- A bed ladder assists with pulling up from lying to sitting. This requires the user to have sufficient arm and core strength.



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.



Therapeutic
Pillow International



More Information

For further advice about sleeping equipment or other assistive technology, please contact ILCT.

- o **Ring 1300 885 886 to speak to a health professional.**
- o **Visit our website www.ilct.com.au or email ilc@ilct.com.au.**
- o **Make an appointment to visit one of the displays centers:
Launceston, Hobart, or Ulverstone.**
- o **ILCT visits communities around Tasmania. Contact us to**

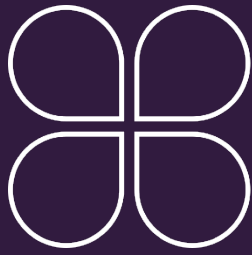
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