

Bed Transfer Equipment

Some people have difficulty getting in and out of bed, or repositioning themselves in bed. Other people may be unable to move themselves in bed at all and require the assistance of carers. There are a variety of devices that can assist individuals to transfer or reposition independently, as well as aids to assist carers to reposition as individual in bed.



SELF HELP DEVICES

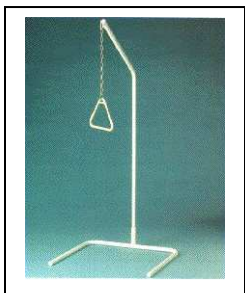
Raising the bed on bed blocks may make it easier for the user to stand from the edge of the bed.

A bed ladder attaches to the foot of the bed and allows the user to pull up from a lying position by pulling up on each rung on the ladder. Rungs can be grasped with the hand, or the whole forearm can be slid through the run for extra leverage.



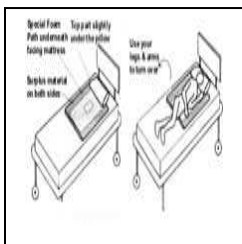
A bed stick provides an anchor point for people to grasp to assist them to turn in bed. These devices are placed between the mattress and the bed platform. Care must be taken to ensure that the device is properly fitted and secured.

Some bed sticks protrude upward from the bed base to be in line with the mattress top. Other designs extend above the mattress level.



A self help pole, which is often known as a monkey pole, consists of a metal pole at the head of the bed with a chain and triangular handle which hangs above the user's head.

These poles can be helpful when a person needs to lift themselves up from the surface of the bed. Some people find them difficult to use, as they require substantial upper body strength.



Slide and self-turn tubes can be used by people to assist to turn themselves over in bed independently. These are made of nylon materials, which provide a slippery surface therefore allowing the person to turn more easily.

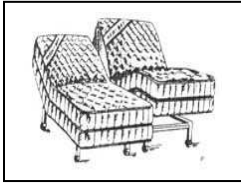
Leg lifters are designed to help a person lift their legs in or out of bed. More complex electrical inflatable leg lifts are also available.

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An electric bed with an adjustable backrest can also be used to assist someone who has difficulty moving in bed to get from a lying to a sitting position.

EQUIPMENT TO ASSIST CARERS

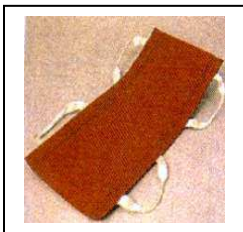
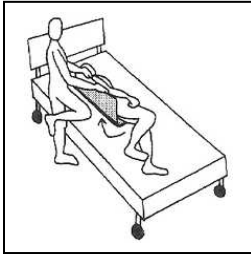
Sliding is often one of the easiest ways for a carer to reposition an individual in bed. There are a range of sliding aids designed to assist in this task.

These Include:

- **Single thickness slide sheets** are often nylon and designed to be doubled back on itself. The helper bunches the corners to get a grip.

- **Tube type sliding aids**, where the material is sewn end to end, provide a slide movement sideways or up a bed depending on the placement and size of the material tube.

More complex aids, that also minimise friction and prevent bunching of material under the user, include **semi-rigid transfer aids** with a flexible sheet of plastic inside a padded cover and air-filled mats. Both come with handles to assist with pulling.



NEED TO KNOW MORE?

Telephone, fax or e-mail your enquiry to obtain further information from one of the therapists about products. Alternatively, you can make an appointment to trial the equipment at our display centres or through our outreach service. Please phone LifeTec Queensland for further details.

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