



# ASSISTIVE TECHNOLOGY FOR Bed Mobility and Transfers



## IMAGINE

**Do you want to be able to transfer from your bed safely and easily or without assistance?**

Do you want to make the task of turning over in bed or moving up or down the bed easier?

Getting in and out of your bed can become more difficult over time due to illness, injury or a due to any condition which results in a change in muscle strength, balance or joint range of movement.

There are a range of aids available on the market which can help to compensate for changes in function, and increase independence in bed mobility and/or bed transfers. These include electric beds and over bed self-help bed poles as seen below.



**Electric Bed with Over Bed Self-help Pole**



## SEEK

**To find out more, you can...**

Phone **LifeTec on 1300 543 383** to discuss options and suitability with a health professional.

**Schedule an assessment here:**

**<https://lifetec.org.au/our-services/referrals/>**

Speak to your occupational or physio

therapist. Search the National Equipment

Database at

**[www.ilcaustralia.org.au](http://www.ilcaustralia.org.au)** for further information on a wide range of bed mobility and bed transfer aids.



## CHOOSE

**What can I choose from?**

There are a range of aids that are commonly used to make bed mobility and/or bed transfers easier or safer. To reduce risk of injury to the user, it is important to seek professional advice from a health professional such as an Occupational Therapist or Physiotherapist when using these types of aids. Some devices such as bed poles are associated with potentially severe injury – please make sure you are aware of all safety recommendations for using these devices.

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An over bed self-help pole or 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 if a person needs to lift themselves up from the surface of the bed for bed mobility but require substantial upper body strength.



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



The bed ladder is attached to the end of the bed and may consist of a nylon cord with plastic rungs or a nylon webbing strap with several large loop holes which will allow the user to pull themselves up from a lying to a sitting position using their upper limbs one rung or loop at a time. Using this aid requires good upper-body strength.



A leg lifter is a reinforced webbing strap with a loop at each end which assists a person to lift their leg onto the bed. The user puts the smaller loop over the wrist and the longer reinforced loop over the foot. The leg is lifted when the strap is pulled. This aid requires good upper-body strength and trunk control. Electric leg lifters are also available which can be installed beside the bed to help with lifting the user's legs up to bed height.



A bed raising block is a plastic or wooden block which is placed under each leg of the bed. These are designed to lift the height of the bed to make getting in and out of bed easier, and may be useful for reduced strength in the legs.



Electric beds can assist with bed transfers and bed mobility as they offer functions such as height (hi-low) adjustment and backrest adjustments.



LIVE

**FITTING**

- Ensure each device is positioned correctly and secured if attached to bed. Seek input from a health professional if necessary.

**TRAINING**

- Training is recommended by a health professional for some aids such as leg lifters, bed poles and ladders.

**SAFETY**

- Regular review is important for safety, especially if the user's skills and abilities are likely to change over time.

**COST**

- Ranges from under \$50 for simple devices, to several thousand dollars for some electric beds.

**Contact details**

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