

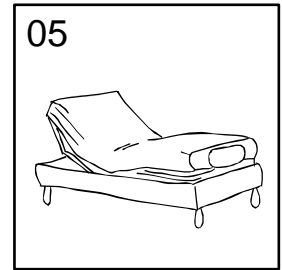
This is one of 18 leaflets in the "WiseBuy" series to enable people to choose the right product for easier living. The titles include:

1	<i>Choosing an Armchair</i>
2	<i>Choosing a Bath with a Door</i>
3	<i>Choosing a Bathlift</i>
4	<i>Choosing a Commode</i>
5	<i>Choosing an Electric Bed</i>
6	<i>Choosing an Electric Wheelchair</i>
7	<i>Buying by Mail Order</i>
8	<i>Choosing a Riser Recliner</i>
9	<i>Choosing a Scooter</i>
10	<i>Choosing a Stairlift</i>
11	<i>Choosing a Walking Stick</i>
12	<i>Choosing a Wheelchair</i>
13	<i>Choosing a Wheeled Walker</i>
14	<i>Choosing a Mattress</i>
15	<i>Choosing a Social Alarm</i>
16	<i>Choosing Grab Rails</i>
17	<i>Avoid Slips and Trips</i>
18	<i>Choosing a Power Pack</i>

Large Print Versions Available on Request

~ For more information contact your local ~
 Independent Living Centre : **01392 687276**
 Citizens Advice Bureau : **see local phone directory**
 Trading Standards Dept. : **0870 872 9000**
 Social Services Dept. : **see local phone directory**

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You can sleep easy...

... read our useful information guide before you buy an **Electric Bed.**



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Can you say YES to these questions?

Have you tried more than one bed and lain on the bed you intend to buy for at least 30 minutes? 5 minutes will not give much idea of long term comfort. YES []

Can you get the size of bed you want? There are various width beds on the market, not just single and double. YES []

Do you want a double bed? Two attached singles could be better so that you and your partner can operate them independently, but remain able to enjoy those intimate times together. YES []

An electric bed tends to push you down the bed a little as you sit up, so the bed should ideally be 15cm (6") longer than the tallest user. If the bed is longer and wider than your existing bed, have you got room? YES []

Has the bed base got at least 4 or 5 sections to support the head, back, bottom, thigh and calf? Less than 4 sections will not support you so well. YES []

When you sit yourself up in bed, will you be able to reach your bedside table? YES []

Are there separate controls to work the leg section and head section independently? YES []

Do you find the bed control easy to manage and will you be able to reach and find it in the dark? YES []

When the bed sits you up, are you still fully supported? Check that your head and feet are still comfortable. YES []

Can you lift your legs onto the bed and move yourself into the middle? Although the bed may be very comfortable, and electric bed may not help you get in and out. YES []

Is it a good height for bed making and will it be easy to fit sheets onto? YES []

Will it be possible to move the bed around if necessary for cleaning underneath? YES []

Will it be easy to maintain? Who will do this? YES []

COULD YOU ANSWER 'YES' TO ALL THE QUESTIONS?

**IF NOT TELEPHONE YOUR LOCAL
INDEPENDENT LIVING CENTRE ON
01392 687276**

Useful tips to help YOU decide

- Some people like a bed that will raise and lower. A higher bed can be easier to get off, whereas a lower bed can be easier to get legs on
- Don't be bamboozled by words such as "orthopaedic." This can mean a very firm mattress that you will find too hard for a good night's sleep
- Think carefully about what mattress to buy. Foam may be preferable to a sprung mattress and you should definitely use a mattress made for an electric bed.
- If you choose two attached single beds, it could be possible to trap your partner when lowering a section.

**Prices start from around £1000
for a single bed.**
2011

Assist UK is the national network for advice on independent living equipment where anyone having difficulty with everyday tasks can get advice, information and try out a wide range of products and solutions.

**To find your nearest centre call us now on 0870 770 2866
(Textphone 0870 770 5813)**