

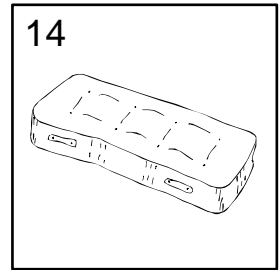
This is one of 18 leaflets in the "WiseBuy" series to enable people to choose the right product for easier living. The titles include:

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

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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Sleep in comfort...

... a guide to **special mattresses** and **mattress overlays**



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Can you say YES to these questions?

If you have a pressure sore or are at risk of getting one, are you aware that you may be eligible for a special mattress or mattress overlay? Ask your doctor or healthcare professional

YES
[]

Have you talked to your family, a friend or healthcare professional before making a purchase?

YES
[]

Have you talked to more than one company to compare value for money?

YES
[]

Have you tried some mattresses before you buy? Some are soft and others can be very firm. Don't be swayed by words like 'orthopaedic.' Buy what is right for you.

YES
[]

If you have or might consider buying a profiling (electric) bed will the mattress or overlay be suitable? Sprung mattresses are generally not recommended.

YES
[]

Is there a warranty with your intended purchase?

YES
[]

Will the mattress you buy need turning? There are mattresses available now that do not need to be moved or turned.

YES
[]

If a new mattress or mattress overlay alters the height of your bed, can you still get in and out of bed safely?

YES
[]

Are there instructions for the care of the mattress and are they easy to follow?

YES
[]

Does the mattress meet fire retardancy standards?

YES
[]

Have you checked the weight limit of the mattress?

YES
[]

Does the mattress zip have a protective cover?

YES
[]

Some mattresses can make you feel hot and sticky. Have you checked your possible purchase?

YES
[]

Do you need a waterproof mattress cover? If so, you should consider a 2-way stretch material. This gives better comfort and pressure care for you and prolongs the life of the mattress.

YES
[]

Have you checked the total price including V.A.T., delivery and any extras?

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

- If you have a disability you are most likely to be VAT exempt
- Make sure a new mattress or overlay fits the size of your bed. Gaps can cause problems.
- Do check that you can move around easily on any mattress before you purchase
- If you have any difficulty transferring safely there are mattresses with good side wall support. You can sit more safely on the side of the bed with these.
- Mattresses are available in many sizes
- Mattresses can be sprung or foam. Overlays can be foam, fibre or air filled.

Is it very difficult to give an idea of price due to the different types available. Shop around if you can. (Sept 2005)

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)