

## Bed Equipment



Getting in and out of bed and moving in bed can depend on bed height, and mattress consistency. The height of your bed needs to be a compromise; high enough to stand from the bed easily and low enough to get legs on and off the bed. A soft mattress may be comfortable when sleeping but may be too soft to push up on when getting in and out or when moving in bed.

At the **Independent Living Centre in Exeter** we have a range of equipment on display that can help you to get in and out of bed.

**Hand Blocks** are small gadgets designed to improve grip and the functional position of your upper body when pushing against your mattress to move in bed. They reduce strain on joints in hand and wrist and spread weight across a wider area to prevent sinking into mattress.

The **Bed Rope Ladder** is to assist you when sitting up in bed. It is fixed to the legs at the end of the bed and over the covers. You need to have strength in both arms for your hands to grip the rungs as you pull up into a seated position.

The **Flexigrip Bed Ladder** is a new design which can loop to a bed frame and again helps you to sit up in bed.

The **Bed Leaver** is a handy grab rail with a base which fits under your mattress just below pillow level. It gives you something secure to hang on to when moving in bed or getting in and out of bed. There are different designs for divan and framed beds, but they are not suitable for soft base divans or profiling beds.

The **Bed Stick** is another rail that fits between the bed and the mattress, and can be fixed with one handle or a handle on both sides of the bed, again this is not suitable for soft based divans or profiling beds.

A **Mattress Elevator/Variator** is a powered device to help you to sit up in bed. It fits under your mattress on your existing bed and is secured with straps. It may damage sprung mattresses, so if you have a sprung mattress you may prefer a **Pillow Lift**, a similar powered device which fits on top of your existing mattress and again lifts you into a sitting position.

If you have difficulty lifting your legs into bed, you could try the **Leg Lifter Strap**. It is a canvas and plastic hand held looped support which you can hook over the foot to help lift your legs into bed. There is also a range of **Powered Leg Lifters** that fix to the side of the bed and raise your legs to a position that is level with the bed.

-----  
**The Independent Living Centre** is a free, impartial, advice, information and assessment centre, where you can make an appointment to try out equipment for independence with one of the Occupational Therapists. We can give you information about local and national suppliers and advice about which equipment will meet your needs.

The Independent Living Centre

01392 687276

[ilc-exeter@devon.gov.uk](mailto:ilc-exeter@devon.gov.uk)

[www.devon.gov.uk/ilc](http://www.devon.gov.uk/ilc)