

Bed and related assistive devices

A comfortable bed enables us to have a good sleep

"It also provides back support, and makes turning"

and getting up easier for the elder

"Firstly, on the height of the bed"

Follow the same principles in selecting chairs

the knees should form a 90-degree angle when sitting at bedside

and the feet can be placed flat on the floor

"On the mattress, it is important to be firm and stable"

There must be adequate back support

and suitable leverage so the elder can get up easily

"Besides, the mattress and the height of bed frame"

should match the body build and the needs of the elder

If the elder has difficulty in turning or getting up from the bed

assistive devices can be used to save energy and ensure safety

Below are some assistive devices for getting up from bed

Bedrail enables easier turning and getting up

it can be easily installed at the bedside

but it must be installed securely before use

Overbed lifting pole can make getting up easier for the elder

"There are two kinds, standing on the floor or mounted on the wall"

The elder can hold the triangular handle to get up

It must be installed securely to ensure safety

Ability to perform self care

"for example, bathing or toileting is very important in daily life"

During bathing or toileting

appropriate assistive devices can be used

to increase the independence of the elder

and reduce the burden on carers

It can also improve home safety

and minimize the risk of accidents

"Some elders may have mobility problem, or the toilet is too far away"

There is risk of fall when going to the toilet at night

A urinal or commode can be placed at the bedside

for bedside toileting

There are two kinds of commodes

Bedside fixed commodes without castor and mobile commodes on castors

Fixed commodes are suitable for elders who can get up from bed but may fall on the way to toilet

Please note the following points when using fixed commodes

"Firstly, the commode should be placed close to the bed against the wall"

"Secondly, the seat height of the commode"

should match with that of the bed so as to facilitate transfer

Many kinds of commodes are available commercially

Choose a commode according to the needs

and ability of the elder to fit in with the living environment