

Thinking about an electric bed?

Your team has given you this handout. They would like you to start thinking about whether an electric bed might help you after you leave hospital.

This handout will help you to learn about different types of electric beds and their functions. It can help you to think about how an electric bed could make daily tasks easier. This can help you and your team decide what is right for you.

What is an electric bed?

An electric or adjustable bed uses power to move and change the bed's position. It can change the height and angle of the head section, leg section or whole bed.

How can an electric bed help you?

An electric bed can help with:

- Body position in bed
- Moving in and out of bed
- Daily tasks such as feeding, dressing and bladder care
- Comfort
- Using a hoist and sling
- Positioning for relationships and connection
- Looking after health problems such as:
 - » Adjusting the bed to help control spasms
 - » Lifting the head to help with breathing
 - » Raising the legs to lower swelling
 - » Tilting the bed to help with blood pressure

Bed features

Adjustable height

Moves the bed up and down.



May help with:

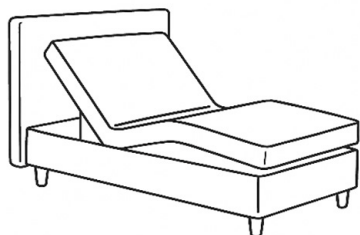
- Allowing people who are helping you to reach and move you safely
- Getting in and out of bed. For example, matching the height of the wheelchair

Some types include:

- Different maximum and minimum heights

Head raise

Lifts the head of the bed.



May help with:

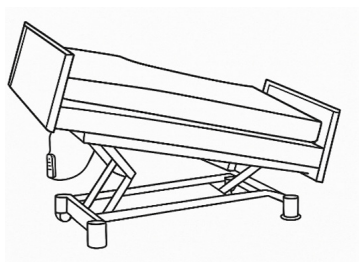
- Eating and drinking
- Muscle spasms, stiffness, and pain
- Sitting up to eat and drink, read, watch TV or use a device
- Body posture

Some types include:

- Different angles and bend points

Trendelenburg (full bed tilt) adjustment

Tilts the bed horizontally at the head or foot.



May help with:

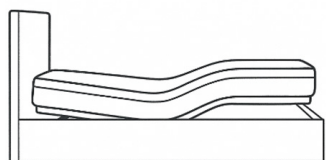
- Positioning
- Pressure care
- Swelling

Some types include:

- Different amounts of tilt

Leg raise

Lifts the foot of the bed.



May help with:

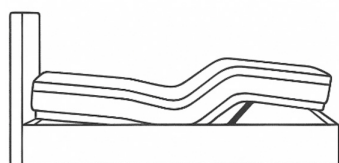
- Stopping you from sliding down the bed
- Comfort and positioning for tasks such as lower body dressing
- Reducing swelling in your lower legs

Some types include:

- Different angles and bend points

Knee bend

Lifts the knees into a bent position.



May help with:

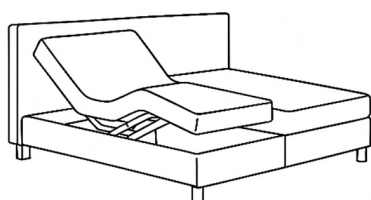
- Stopping you from sliding down the bed
- Positioning for bladder care

Some types include:

- Different angles and bend points

Companion bed

A separate bed placed next to your bed.



May help with:

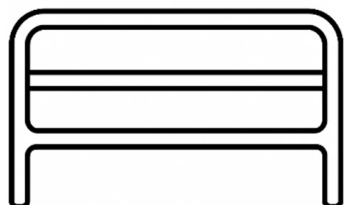
- Allowing partners to sleep close
- Allowing one bed to adjust without moving the other

Some types include:

- Different sizes to choose from

Rails

Positioned on the sides of your bed.



May help with:

- Preventing falls
- Keeping your arms and legs in bed
- Moving and rolling in bed
- Getting in and out of bed
- Keeping pillows and bedding in place
- Hanging or attaching items you need within reach

Some types include:

- Vertical or horizontal rails
- Full length or split into two parts
- Different methods of lifting and locking

Remote control

Changes the position of the bed.



May help with:

- Independent controls of bed adjustment

Some types include:

- Wired or wireless connection
- Different button sizes, shapes and sensitivity to press
- Can program 'favourite' or 'memory' positions
- Single switch or voice control options

Wheels and locks

Allows the bed to move or lock in place.



May help with:

- Keeping the bed still when getting in and out of bed
- Moving the bed away from furniture or walls to allow carers to reach you safely

Some types include:

- Size and number of wheels
- Separate locks on each wheel, or one single lock

Headboard and footboard

Positioned at the top and bottom of the bed.

May help with:

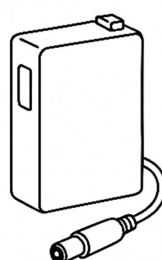
- Stopping pillows or bedding from falling
- Helping to position your feet

Some types include

- Material: timber, plastic or soft fabric
- Colour

Battery packs

Provides a back up power source.



May help with:

- Using the bed during loss of power

Some types include:

- Different battery sizes or strengths

Questions to think about before meeting with your team to talk about getting an electric bed.

What activities do you need to do in bed?

What activities do people who help you need to do?

What features do you think your bed may need?

To help you transfer?

To help you with bowel and bladder care?

To help you move in bed?

Do you want to share your bed with others?

How do you want your bed frame to look?

Do you have any other comments or questions?