

Mattresses

Options available may include Foam, Latex or specifically designed Inner spring. Conventional inner spring mattresses are not suitable for electrically adjustable beds.

See ILC guidelines for 'Choosing a Bed and Mattress.'

Other Options

To increase the height of the bed, use 'bed blocks'.

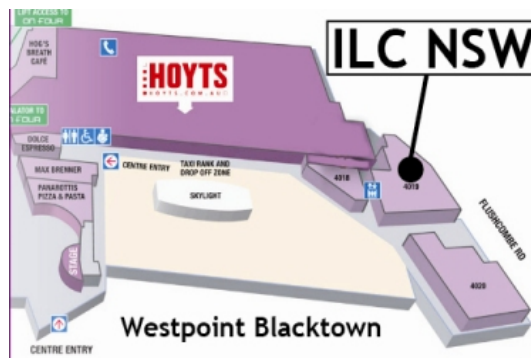
To elevate the feet, use a wedge-shaped cushion.

To get in and out of bed, try bed rails.

To sit up supported in bed, options include:

- an angled backrest frame, which sits on top of the mattress, to support the pillow
- an electrically adjustable backrest frame which sits under the mattress
- a 'bed lounge chair' foam support

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**Guidelines to
assist you when**

Choosing an Adjustable Bed



Independent Living Centre NSW

Adjustable Bed Options

Height Adjustment

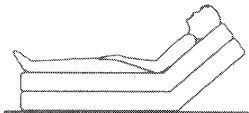
This option is also referred to as a Hi / Lo option. It raises and lowers the mattress height to assist with:

- Getting in and out of bed easily
- Transferring to and from a wheelchair at the same height as the bed
- Making the bed
- Minimising the risk of injury to someone caring for a person in the bed
- Making transfers with a hoist easier

Head Elevation

This option raises the head of the bed, supporting the person's back and head. It can assist with:

- Sitting up in bed with support
- Getting out of bed



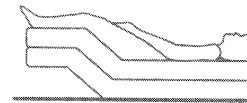
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- Changing position in bed, to different angles

Leg Elevation

- Elevates the lower legs for comfort
- Assists with circulation and fluid drainage

Knee Break

- A leg elevation option
- Supports the thighs on an angle
- Keeps the lower legs elevated and parallel to the mattress
- Helps prevent a person from sliding down in the bed



Styles

- Ensemble-style beds with the above features but usually fixed in height
- Traditional hospital-style adjustable beds with wooden or metallic frames

The hospital style beds have space underneath for a hoist and are more suitable if 'monkey bars' are required. Many have the option of foot and head boards, giving them a more domestic look.

Methods of Operation

Manual or mechanical

- The height adjustment is often operated by an attendant with a winding handle or foot pedal
- The head elevation is manually adjusted by an attendant
- These tend to be the cheapest option but require more effort and assistance from others

Hydraulic

- Usually operated with a foot pump

Electric

- Operated by push-button or rocker switches for all adjustments
 - Modifications can be made for people who have difficulty pressing buttons
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