

Choosing a bed and mattress

Advice for residential facilities

Finding the best beds for your facility can be hard, as there's so much choice and great marketing. Making the wrong choice can cost a lot in replacement beds, cause injury to staff or residents and loss of independence for your residents.

Here are a few tips to help you purchase the most versatile beds for your residents' needs.

Bed height: We recommend:

- a) adjustable height beds as they can accommodate:
 - the comfort of residents getting in and out of bed independently, allowing a 90 degree angle between body and leg
 - the comfort of carers as they work
 - wheelchair seat heights for independent or assisted transfers
 - the added height of any pressure area equipment

Electrical or manual adjustable beds are available. When choosing, consider how often the beds will be adjusted up and down each shift. If frequently, we would recommend an electric bed as it reduces the likelihood of injuries to your staff.

- b) ensuring enough clearance under the bed for a hoist
- c) securing the bed electric cords with loosely fitting plastic ties.



Other adjustable features:

- back rest, for seating residents up in bed
- bending at the knees (profiling) stops residents sliding down the bed while seated
- tilt
- foot and head boards

Mattress: We recommend a mattress:

- a) with a firm edge for ease of getting in and out of bed
- b) firm enough to support people with a soft enough surface for comfort

To help keep your residents as mobile or independent as possible and reduce the likelihood of injury to your staff, there is a range of bed accessories to help.

For more help choosing the right bed and accessories for your circumstances our friendly Physio and Occupational Therapists can help. Just contact us at Therapy Professionals.

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