

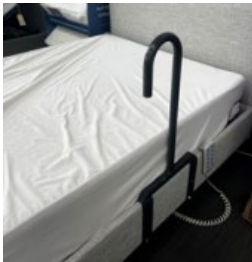
Me and My Bed Stick

A bed stick is a mobility aid designed to:

- assist me to roll over in bed
- help me to sit up from a lying position
- support me getting in and out of bed
- provide stability when I stand

⚠ Important: A bed stick is not designed to stop me from falling from the bed.

Bed stick positioned
under the mattress



Bed stick should go
on the side of the
bed I get out from



Precautions

I **DO NOT** use a bed stick if I have had a history of falling or rolling out of bed.

Installing and safety considerations for my bed stick:

- should be installed by an Occupational Therapist and put on the side of the bed I get out from
- clamps should be checked each week
- clamps are recommended for electric bed.
- keep close to the mattress to avoid gap.

Safety Tips for when I use my bed stick:

- I should never pull on the bed stick unless I am seated or lying
- I can use a pillow to cushion if I'm worried about bumping it
- I should turn on lights when using it overnight
- I should regularly check it is positioned properly under my mattress

Getting into my bed and using the bed stick, I should:

- sit on the bed next to the bed stick with my body slightly angled to the bed end
- make sure my bottom is placed completely on the mattress
- hold onto the bed stick with one hand and lean back and lift my feet onto the bed
- use the bed stick to help me move across, up or down the bed

Getting out of my bed using the bed stick, I should:

- move my feet off the edge of the bed
- roll towards the bed stick
- hold onto the bed stick with my hand that is on the opposite side of my body from the bed pole
- push through my elbow on my arm next to bed pole and use it to gently pull myself up while using my legs to come down
- steady myself while I hold on to the bed stick

I need a review by my Occupational Therapist (OT) if:

- I experience confusion or my thinking or memory changes
- I'm unable to communicate my needs
- I have had a fall during bed transfers
- I have rolled out of bed
- I have injured myself on the bed stick
- I have less carer support
- I have a new bed or new mattress
- My medications are causing me side effects

Commented [KD1]: I've changed these instructions slightly

Commented [JC2R1]: Thanks Kylie - I will save as final version