

Service information guide

# Getting In/Out of Bed



Service provided by



# Getting into bed

1. If you have a profiling bed, raise the head section into a semi-upright position to provide support

2. Before sitting on the side of the bed, make sure that you are standing near the top end of the bed near the pillows.

3. When sitting down, sit at an angle on the bed and push your bottom back as far as you can go.

4. Lift legs, one at a time onto the bed.

5. To re-position your bottom in bed, bend both knees up, dig heels into the bed and lift (bridge) bottom off the bed. Move bottom across the centre of the bed. Move legs and upper body across bed.



## PROMPT

- Stand near pillows
- Sit on bed at an angle
- Lift legs onto bed, one at a time
- Bridge bottom to re-position

## How to roll onto your side in bed

1. Bend knees up so your feet are flat on the bed.

2. Move hips away from the side you want to roll to.

3. Turn your head in the direction you are going.



4. Reach across with your arm. Make sure that your whole arm and shoulder stretch forwards as this will help you to roll (see fig 2 opposite).



5. Let knees dropdown to the side.

### PROMPT

- Knees up
- Move hips
- Let knees roll over
- Reach arm across

## Getting out of bed

A firm bed and a lightweight duvet are easier to manage than a soft bed with heavy blankets. To get out of bed, think of it in stages and imagine yourself doing each one before you actually try. Visualise it.

1. Push back the covers.

2. Bend your knees up and move hips away from side you want to roll to. Turn your head in the direction you are going.



3. Drop your knees to the side and take your arm over (reach for rail if appropriate) and roll onto your side



4. Swing your legs over the edge of the bed



5. Push up to sit on the edge of the bed.



## PROMPT

- Bend knees
- Drop knees to the side
- Reach over
- Roll onto your side
- Legs over edge of the bed
- Push up into sitting

## Other options

### Satin sheet

A satin sheet is slippery so can help you move your hips across the bed.

The satin should just be in the centre of the bed so that your feet do not slip.

Avoid slippery material on the edge of the bed, so that you can sit on the edge without sliding off.

You can buy specially designed fitted sheets with a satin panel. Ask your Occupational Therapist for details.

Or you can sew a square of satin onto a normal fitted sheet.



## Bed Lever

A bed lever gives you a hand hold for pulling yourself up into sitting. There are different types of bed lever for different beds.

Your Occupational Therapist can provide one if it is a suitable option for you. If you have a bed lever, still try to use your whole body to help with the action of getting up. Don't let one arm do all the work.



## Get in touch

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