



# A Guide to Selecting an Adjustable Bed

Assistive technology is a piece of equipment, device or system that provides people with practical solutions to everyday life activities. You can search our National Equipment Database [www.askned.com.au](http://www.askned.com.au) to view a range of products online.

**An adjustable bed unit includes a bed base that is electrically operated and a mattress.**

## Beds are available in a variety of sizes including:

- Single
- King single
- Double
- Queen
- King (two singles side-by-side).

## Adjustments available are:

- Hi-Lo adjustment, which changes the overall height of the bed
- The foot-end can be raised/lowered
- The head-end can be raised/lowered
- Trendelenberg: the whole bed can tilt
- Knee break: support under knees

## Why would you choose an adjustable bed?

- For medical reasons, e.g. pressure relief, lymphoedema, pain management and breathing difficulties
- For ease of getting in and out of bed
- For the improved health and safety of the carer
- To allow a change of position for comfort, e.g. when watching television, eating, reading etc.

## Operating Controls

Electrical controls can be operated either by the carer or the user and can be hand-held or fixed to the bed frame. Ensure the controls are conveniently located.

NB: Noise level and speed of operation may vary between models.

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## Height

The height of the bed can be either fixed or adjustable. Consider the height range required.

For ease of getting in and out of bed or to assist the carer, always consider the height of the bed to the top of the mattress.

If using a hoist to transfer from the bed, adequate clearance under the bed is necessary. If additional pressure-care equipment such as an overlay is required, this will also increase the overall height of the bed.

## Castors

Larger castors will increase the clearance and maneuverability of the bed and the overall height of the bed.

Castors are available with individual brakes or one lever to lock all brakes.

## Types of Mattress

A firmer mattress may make it easier for transferring on and off the bed.

Pressure care mattresses and overlays are also available. It is best if you seek advice from a health professional if this is required.

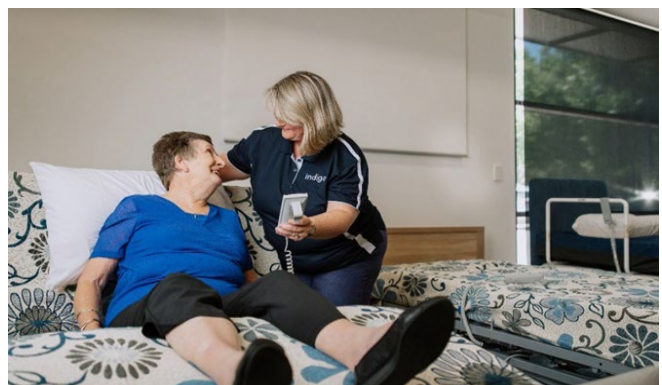
The mattress needs to be able to allow the bed to be adjusted. They are usually made of foam, latex or air. Some custom spring mattresses can also be flexible enough to be used.

## Options Available

- A bed which turns the person from side to side
- Transfer aids, e.g. bed rail
- Battery back-up
- Head and foot boards
- Bed rails may be standard or optional for user safety
- Position of the controls to increase the user's bed mobility
- Bed rails can be raised or lowered, foldaway or removed.

## Financial Implications

As well as the initial purchase, there are ongoing maintenance costs. Check the availability of parts and service. The length and conditions of the warranty are important. To ensure you purchase the most suitable model for your needs, ask to hire or 'try before you buy'.



**Indigo has a large range of equipment on display and products available to trial. Our experienced health professionals can provide strategies and advice on the right product for you. Please contact us using the details below for further information or to book an appointment. Appointments can be conducted by phone, email, face-to-face or video call.**

**Did you know Indigo also offers a range of other services? Please ask us when you call, or visit [www.indigosolutions.org.au](http://www.indigosolutions.org.au)**



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