

# Bed Pole

## A guide for patients and carers

### Your Occupational Therapist is

 9288 2211 or pager \_\_\_\_\_

### Setting up the bed pole

Your bed pole will need to be installed by a family member/friend or an equipment company. Your Occupational Therapist will show your carer how to do this if required.

Installing a bed pole always requires two people.

#### Single bed – double-ended bed pole

1. Lift the head end of the mattress and slide the base of the bed pole underneath, ensuring one pole extends up on each side of the mattress.
2. Position the poles at the head end of the mattress, slightly below the pillow.



#### Double bed – single-ended bed pole

1. Follow the instruction above, however the pole will only end up on one side of the mattress instead of both.



### Getting into bed

1. Sit on the edge of the bed close to the bed pole.
2. Slide backwards into the centre of the bed.



3. Hold onto the bed pole, lean down towards the pillow and raise your legs onto the bed.



## Bed Pole

### A guide for patients and carers

#### Getting out of bed

1. Reach for the bed pole with both hands.
2. Move your legs towards the edge of the bed.
3. Use the bed pole to sit upright.



4. Move to the edge of the bed. Push off from the mattress using both hands to stand up.



If you have any questions regarding this equipment or task, please contact your Occupational Therapist.