

# Getting In & Out of Bed

Ensuring seniors' safety during bed transitions is crucial to prevent falls and injuries. Aging brings challenges like weakened muscles and balance issues, making this task more demanding. Here are some tips to establish a safer environment, foster independence, and reduce accident risks.



## Getting In Bed

- 1 Ensure that the bed is at a comfortable height. It should be neither too high nor too low.
- 2 Install bedside rails to provide support and aid in stability during the transfer.
- 3 Ensure there is sufficient lighting in the bedroom to avoid tripping hazards.
- 4 Wear non-slip shoes or slippers with good traction.
- 5 Keep pathways to the bed clear of obstacles and clutter.

## Getting Out of Bed

- 1 Sit on the edge of the bed for a moment before standing to ensure balance.
- 2 Use a sturdy step stool if the bed is too high, ensuring it's stable and has a non-slip surface.
- 3 If using assistive devices, ensure they are within reach.
- 4 Place furniture nearby for support if needed.
- 5 If possible, have someone available to assist with the transfer.