



Home FAST

Home Falls and Accidents Screening Tool



Fall-proof your home

Getting in & out of bed

It is common to experience difficulty getting in and out of bed as you get older. This is associated with an increased risk of falling. To stay safe, make sure your bed is high enough to allow you to get up easily and to prevent you from flopping back onto the bed. A bed that is too low may mean that you have to pull yourself up on a bedside table. A soft mattress can make it difficult for you to turn over when sleeping, or to stand-up after sitting on the side of the bed.

Solutions

- Use a **firm mattress** that doesn't sag in the middle or on the edges.
- The bed should be **high enough** so that your feet are flat on the ground when you sit on the edge of the bed and you can get up easily.
- Do not **get up too fast** from lying position. Sit on the side of the bed for about a minute or so before standing up.
- Ensure your bedspread doesn't **drape** on the floor, it can be a trip hazard.

People who can help

Occupational Therapist: Provide assistive devices and advice about getting in and out of bed.

Physiotherapist: Suggest exercises to make bed transfers easier.

Family & volunteers: Purchase a suitable bed or adjust current bed.

Furniture suppliers: Advise on the purchase of a new firm mattress.

For a free fall risk assessment and tips on preventing falls:
www.stopfallsathome.com.au