

BED MOBILITY THROUGH A PEOP LENS

Turning Theory into Movement

apt AIDACARE
PROFESSIONAL
TRAINING™



OUTLINE

- What is bed mobility
- PEOP Model - overview
- Case study
- Assistive Technology and Solutions
- Q&A

LEARNING OBJECTIVES

- To understand the personal, environmental, and occupational tasks of bed mobility that enable performance and participation
- To consolidate learning by trialling the key elements of bed mobility
- To understand considerations for selecting Assistive Technology (AT), and functions and features of AT that assist bed mobility
- To see and trial new products in the showroom, including those related to bed mobility

KEY COMPONENTS OF BED MOBILITY

- Rolling
- Segmental Rolling
- Bridging
- Scooting
- Supine to/from sitting
- Lifting legs onto /off the bed

WHY IS BED MOBILITY IMPORTANT?

It enables a person to:

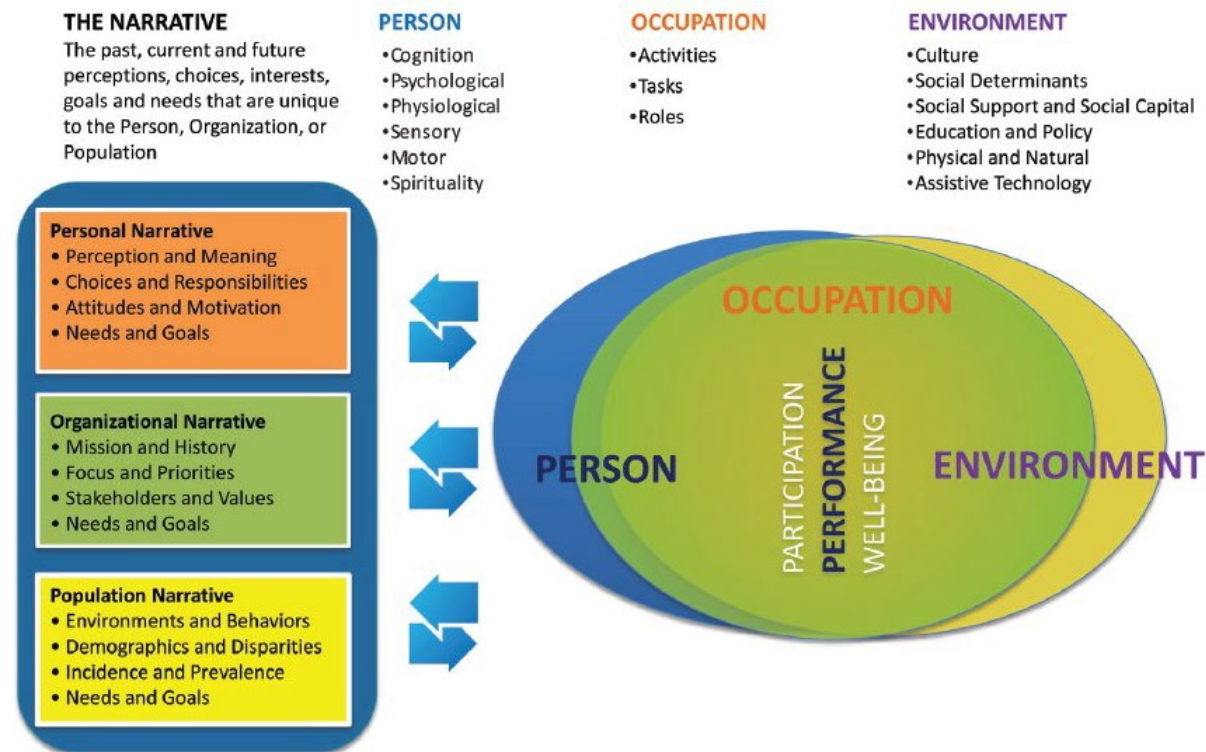
- position themselves on the bed to reduce the risk of falling out of the bed
- reposition themselves in the bed
- change their posture
- move from lying to sitting on the edge of the bed
- adjust their position for comfort or sleep

Bed mobility is crucial for functional independence, pressure injury prevention and preparing for transfers.

PEOP Enabling Everyday Living

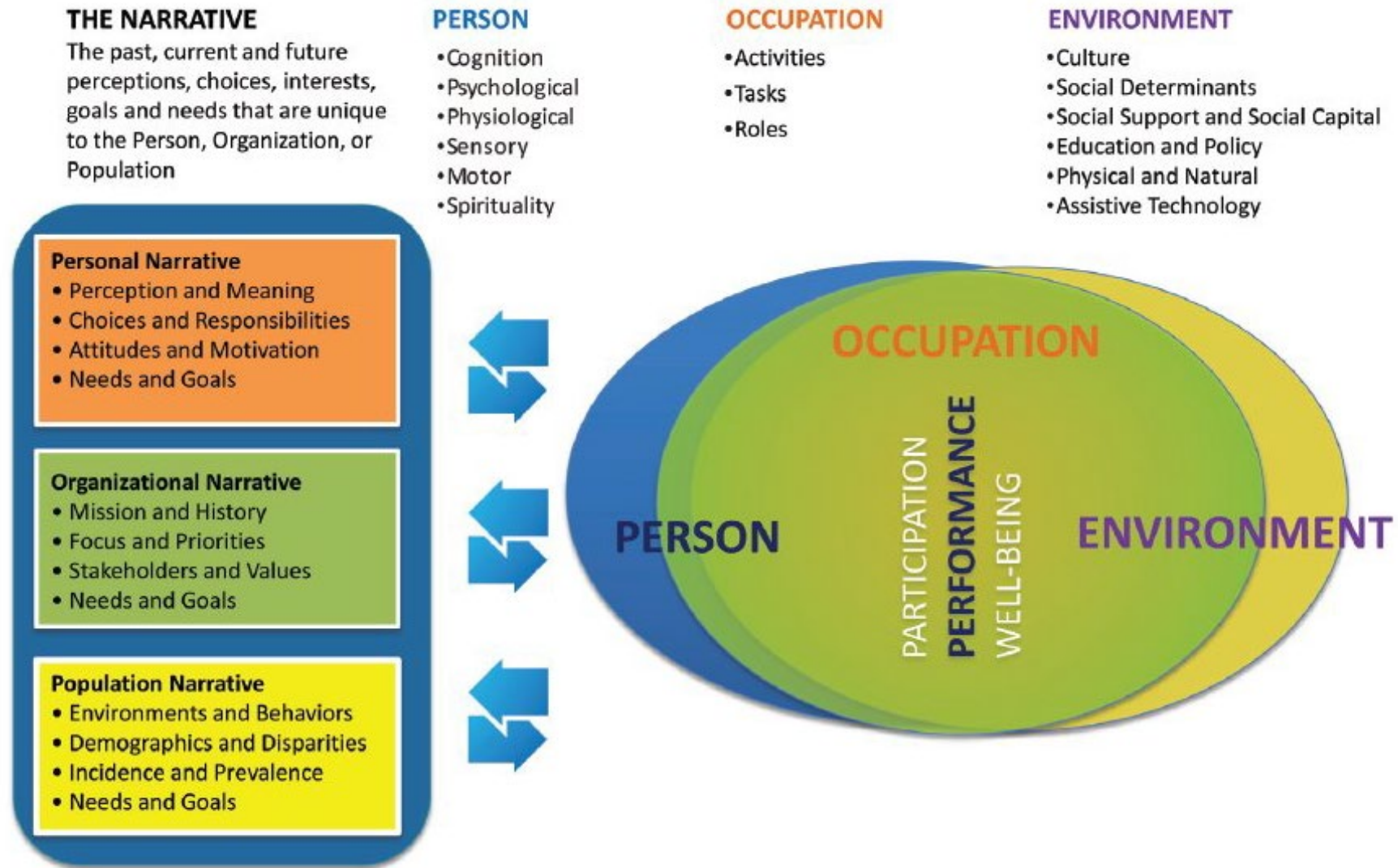
“Occupational performance (doing) enables participation (engagement) in everyday life that contributes to well-being (health and quality of life)”.

Baum et al 2015



PEOP model: 4th Edition

Using a PEOP Lens for Bed Mobility



CASE STUDY

A photograph of an elderly couple lying in bed, covered by a white sheet. They are both looking over the edge of the sheet with playful expressions. The man on the left has grey hair and is looking towards the right. The woman on the right has short, styled grey hair and is looking towards the left. They are both holding onto the white sheet with their hands.

THE CLIENT:

- Narrative - Goals
- Person Factors
- Environment Factors
- Occupation Factors
- Occupational Performance and Participation
- Intervention
- Outcomes



ASSISTIVE TECHNOLOGY FOR BED MOBILITY

PROFILING BED





aspire ComfyMotion
POCKET SPRING MATTRESS
ZONED POSTURAL SUPPORT
ENHANCED SLEEP QUALITY

aspire ComfyMotion
ACTIV CARE BED





PROFILING BED

PROFILING BED





PROFILING BED

AUTO-REGRESSION



PROFILING BED

OTHER CONSIDERATIONS

- Transfers - type
- Position in the room
- Size of bed
- Accessories
- Other equipment used
- Overnight toileting
- Watching TV/reading
- Meals/socialising
- Companion sleeping



PROFILING BED

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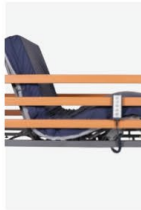
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**STYLISH TIMBER
END SHROUDS**
Sophisticated timber
panelling to suit the
homecare environment.
Optional Accessory
Single BEA029850
King Single BEA029855



FOLDING SIDE RAILS
3/4 length fold down side
rails ensure user safety and
fold conveniently out of the
way as desired.
Optional Accessory
BEA016586



**DURABLE LAMINATE
SIDE RAILS**
Sleek timber panelled side
rails with multiple positioning
heights can be lowered out of
the way as desired.
Optional Accessory
Side Rails Full Length BEA029863
Side Rails Extension Kit BEA029864



**LEADING QUALITY FRAME &
ELECTRONICS**
Strong durable steel frame
with Linak electronics and
handset allows for market
leading warranty provision.



FOUR TOTAL-LOCK CASTORS
Safely locate the bed and
prevent castor roll and
directional rotation.



HIGHLY ADJUSTABLE
Four electric profiling
functions to suit all comfort
and positioning needs.



TRANSPORTABLE DESIGN
Tool free with no requirement
to remove electronics during
assembly and set-up, ensuring
quick and easy readiness upon
delivery or for transportation
and storage.

*Bed comes pre-assembled in the
upright transport configuration
shown, including transport
brackets. Simply wheel the bed
from the carton.*

BEB046030 **Single**
BEB046040 **King Single**

PROFILING BED

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PROFILING BED

FUNCTIONS & FEATURES

- Hi-lo function
- Back raise or head break
- Knee break
- Head Tilt
- Auto-regression
- Memory functions
- Zero gravity
- Seated position



MATTRESS SELECTION

- Pressure care needs
- Bed mobility and ingress/egress
- Comfort
- Temperature control
- Sizing – is it compatible with bed frame?



BED ACCESSORIES

- Fixed headboard and footboard
- Bed stick
- Bed rails
- Self-help pole
- Simplified hand control



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Bed Rail

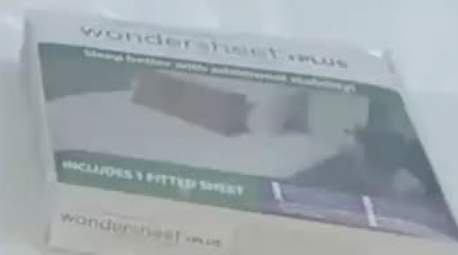


Crook Handle

Wonder Sheet and Aspire Slide Sheets

WONDER SHEET

wonderPLUSTM
when mobility *really* matters



SLIDE SHEETS



QUESTIONS

REFERENCES

- Christiansen, C.H., Bass, J., & Baum, C.M. (2014). Occupational Therapy: Performance, Participation, and Well-Being (4th ed.). Routledge. <https://doi.org/10.4324/9781003522997>
- Everbility - Understanding the PEOP Model in Occupational Therapy: Enhancing Engagement and Participation in Daily Life
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<https://thenoteninjas.com/blog/f/bed-mobility-exercises-physical-therapyoccupational-therapy#:~:tex...>
- NSW Gov - Agency for Clinical Innovation
<https://aci.health.nsw.gov.au/publications/occupational-therapy-sci/equipment/beds>
- Qld Gov - Occupational Therapy Clinical Education Program (OTCEP)
<https://otpecq.group.uq.edu.au/files/1031/Queensland%20Health%20OTCEP%20Key%20Concept%20Learning%20...>
- EBSCO - Person-Environment-Occupation-Performance (PEOP) Model
<https://www.ebsco.com/research-starters/physical-therapy-and-occupational-therapy/person-environment>

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HEALTHCARE EQUIPMENT

