

A home care bed offers functions that can greatly improve comfort and support. This guide explains key features such as back recline, leg raise, and Zero G, along with tips on how to use them effectively. By understanding and using these features, you can enhance your daily comfort and well-being.

Back recline	Controller Buttons (usually look like this)	Purpose
<p>The back of the bed moves from flat to an upright position</p>		<ul style="list-style-type: none"> <li>• Help to sit up in bed and make it easier to breathe.</li> <li>• Support you upright in bed for tasks e.g. eating and drinking, watching TV etc.</li> <li>• Assists you to move from lying flat to sitting upright when getting out of bed.</li> <li>• Can minimise/eliminate reflux and indigestion.</li> </ul>

**Tips:**

- When sitting up in bed it can be helpful to also use a little bit of the knee break or leg raise function to stop you from sliding down the bed.
- At least once practice moving the back recline into its fully upright position to experience how much it can raise you up (good to experience if you are using the feature to help get out of bed).

Leg raise	Controller Buttons (usually look like this)	Purpose
<p>Raises the legs up above the chest.</p>		<ul style="list-style-type: none"> <li>• Elevate the legs to assist with managing swelling and fluid.</li> <li>• Manage leg and back pain.</li> <li>• Make sleeping more comfortable for people with tight hamstrings.</li> <li>• Prevent slipping down the bed when sleeping or sitting reclined.</li> </ul>

**Tips:**

- There is no “correct” position for a leg raise function, experiment with the full range of movement to identify what is comfortable for you.
- A little bit of leg raise creates a hollow under your bottom, and prevents unwanted sliding down the bed (some beds have a Knee Break function that lifts under the knees and has the same effect).

## Zero G

## Controller Buttons

(usually look like this)

## Purpose

A combination of the back recline and leg raise features.



- Makes it easier to adjust both features of the bed at the same time.
- May minimise back pain by aligning the spine in a neutral position.
- May minimise swelling in the feet/legs when sleeping.

### Tips:

- A small degree of the “Zero G” sleeping position may improve sleep by redistributing weight more evenly across the whole body, and away from pressure points such as the tailbone, hips, shoulders and heels.

## Trendelenburg

## Controller Buttons

(usually look like this)

## Purpose

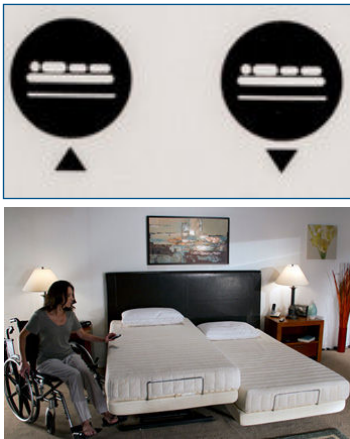
Tilts the whole bed in one direction or the other i.e., head down and feet up or the other way around.



- Makes it easier to slide either up or down the bed by tilting the bed and allowing gravity to assist with the movement.
- Makes it possible to get the feet above the heart for optimal positioning to manage swelling in the feet/legs.

### Tips:

- Tilting the bed forward (feet down) enables a high “sitting up” position (see photo above) without needing to have the back of the bed in an extreme vertical position (which can be uncomfortable).
- For management of lower limb Oedema/swelling doctors recommend that the feet be above the heart to allow fluid to drain back into the body, which is not usually possible in a recliner. The Trendelenburg feature of a home care bed is perfect for getting into this position (get guidance from your doctor on the optimal frequency and duration for doing this).
- Lowering your bed all the way to the floor will automatically put the bed back into a level position.

<b>Height Adjustment</b>	<b>Controller Buttons</b> (usually look like this)	<b>Purpose</b>
<p>Makes the whole bed go up or down i.e. makes the mattress lower or higher.</p>		<ul style="list-style-type: none"> <li>• Makes it easier to both get into bed by making it lower and get out by making it higher.</li> <li>• Bed can be raised up high for carers to assist with providing support and care in bed (if needed).</li> <li>• Bed can be lowered down close to the floor to minimise risk of falling out of bed.</li> </ul>

**Tips:**

- Making the bed lower when you get in prevents “perching” on the side of the bed, reducing the risk of slipping off the bed and lets you get your bottom further back onto the mattress so you are positioned in the middle of the mattress when you lie flat.
- When lifting the bed up to get out make sure you can still have both feet flat on the floor when you move to stand up.
- Raising the bed up as high as it will go eliminates the need to bend over when making the bed (much easier on your back).

**Home Care Bed Hints**

- Your bed won’t help you if you don’t use it, so please don’t be afraid to experiment with the controller and the different positions to find out what works with you and get confident with using the bed functions.
- You can’t break the bed, so don’t worry about pushing the ‘wrong’ button.
- The bed mechanism is all located underneath the bed frame, so unfortunately you can’t store things under the bed as it stops the bed from working properly.
- The mattress is held in place using retainer bars at each end, and often the mattress fits into these quite snugly making it hard to tuck the sheet into place. It is all right to have the sheets over the top of the bars which eliminates the problem.
- If a position in the bed hurts, don’t do it.