

Help in the bedroom...

At the Independent Living Centre we have a large range of equipment for assessment, including electric beds, telecare, commodes, and dressing aids. Give us a call on **01380 871007** to book an appointment with our Occupational Therapist to find out what would be suitable for you.



Things to consider when buying an electric bed...

- Would you like a bed which can be raised or lowered? A higher bed can be easier to get off, whereas a lower bed can be easier to get on.
- Do you want a double bed? Sometimes two attached singles can be better, so each side can be operated independently.
- Are there separate controls for the leg and head section? Do you find the bed controls easy to use, and will you be able to find them in the dark?
- Has the bed base got at least 4-5 sections to support the head, back, bottom, thigh and calf? Less than 4 sections will not provide as much support.
- An electric bed tends to push you down the bed as you sit up, so the bed should ideally be 15cm (6") longer than the tallest user. If the bed is longer than your existing bed, is there enough space in the room?

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Have you considered Telecare in the bedroom?

This includes products such as:

- A pendant or pull cord
- Bed occupancy sensors
- Door sensors
- Day clocks/Orientation clocks
- Motion activated lights
- Falls detectors

Give the ILC a call on **01380 871007** to see what other solutions are available.



Did you know there are items to help with...

- Zips
- Buttons
- Socks/Stockings
- Shoes



...as well as tricks to help take clothing on and off, clothing adaptations which can be made, and other useful items like long handled hair brushes.

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Things to consider when buying a commode...

- Would a static commode be suitable, or would you need to move it from room to room? Would you ever like to take the commode on holiday with you?
- Would you like to use the commode as a shower chair? Not all are made for this purpose.
- Is the commode sturdy with a stable base, strong arms, and comfortable seat? Is the height right for you, and will it take your weight?
- Is the commode easy to clean, and can the pan be removed easily for emptying?

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Before buying anything from a magazine, TV advert or the internet, can you say yes to the following questions?

- Have you asked a friend or family member to be with you when the salesperson visits?
- Have you been told the complete price? Delivery and fitting may be extra.
- Have you compared prices with other companies?
- Have you checked the item will fit and work in your home? Can you try before you buy?
- Are you being offered a guarantee? Is the repair service local?
- Have you been given all the information in writing? Are there contact details in case of a problem?

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