

Helpful questions to ask

- Can you show me how you get in and out of your bed?
- Where do you normally get dressed?
- Do you need help getting dressed, what about zips, buttons and reaching shoes, and tying shoelaces?
- Do you find any differences between getting dressed in the mornings and the evenings?
- What time do you go to bed at? Do you sleep throughout the night?
- How would you contact someone in an emergency throughout the night?

What to look out for

- Dropping onto bed or throwing self onto bed.
- Bedding on lounge chair/couch.
- Using a step to get onto bed.
- Difficulty getting in and out of bed, lifting legs and rolling from side to side.
- Difficulty getting shoes on/off when demonstrating bed transfers.
- Difficulty reaching items that are below knee height like plugs and clothing items.
- Pulling on bedding or bedside table to get out of bed.
- Rugs/ clutter by bedside.
- Poor lighting/ No bedside lamp.
- Multiple pieces of clothes lying around.

Translating what you see & hear into your assessment

- X observed 'dropping' onto the bed.
- X demonstrated difficulty moving and positioning in bed.
- X observed putting shoes on and off without opening laces.
- X observed pulling on bedside table to rise from bed and required several attempts to rise.
- X reports getting up throughout the night to use the toilet and does not have a bedside lamp.
- Items of clothing lying around bedroom noted. X reports difficulty reaching for clothes out of wardrobe.