## 5. Transferring

Is the person able to get in/out of their sleeping place?

**No**

<table>
<thead>
<tr>
<th>Task</th>
<th>Is the person able to get in/out of the normal sleeping place?</th>
<th>Is the person able to get legs over bed?</th>
<th>Is the person able to stand up?</th>
<th>Is the person able to get out of lounger if normal sleeping place?</th>
</tr>
</thead>
</table>
| Why not? | - Doorway too narrow for mobility device  
- Bed too high  
- Bed too low  
- Access to normal sleeping place requires use of stairs  
- Bed too flat, can’t breathe when lying down  
- Mattress too soft  
- Hospital bed manually operated, can’t adjust  
- Back hurts  
- Clutter  
- Floor surface difficult to maneuver  
- Furniture in the way | - Bed too high, have to crawl to access  
- Can’t life legs  
- Can’t scoot over | - Can’t stand without assistance  
- Can’t stand at all | - Can’t stand up  
- Lounger offers no assistance |
| Intervention? | Contractor, OT  
PT, OT | PT, OT | PT, OT | PT, OT |
| Solutions and Strategies | - Widen doorway  
- Alternate mobility device  
- Lower bed (replace thick mattress, remove mattress or box springs, cut legs of frame)  
- Raise bed (risers, replace mattress with thicker)  
- Relocate bedroom on accessible floor  
- Bed wedge  
- Put plywood under mattress  
- Powered hospital bed  
- Change floor surface  
- Clear clutter  
- Rearrange / remove furniture | - Lower bed (replace thick mattress, remove mattress or box springs, cut legs of frame)  
- Leg lifter  
- Sliding sheet  
- Trapeze | - Bed rail  
- Superpole  
- Transfer board  
- Trapeze  
- Hoyer lift  
- Ceiling track lift | - Superpole  
- Lift chair |
<table>
<thead>
<tr>
<th>Task</th>
<th>Is the person able to sit on the bed?</th>
<th>Is the person able to get into a sleeping position?</th>
<th>Is the person able to get out of the bed?</th>
<th>Is the person able to sleep (conditions that impact sleep)?</th>
</tr>
</thead>
</table>
| Why not? | - Mobility limitations  
- Bed too high  
- Balance issues | - Can’t move legs  
- Mobility issues | - Bed too high  
- Mobility issues | - Pain |
| Intervention? | PT, OT | PT, OT | PT, OT | PT, OT, Physician, RN, LPN |
| Solutions and Strategies | - Hoyer lift  
- Adjustable height  
- Bed rail / Superpole  
- Transfer board | - Leg lifter  
- Trapeze  
- Bed features: mechanical, power adjustable | - Grab bar  
- Trapeze  
- Hoyer lift  
- Adjustable bed  
- PCA  
- Leg lifter | - Environmental control  
- Bed changes: mattress, alternating pressure mattress, egg crate  
- Pain  
- Adjust / schedule medication  
- Temperature control  
- Alexa: music, white noise  
- Relaxation  
- Distraction |
Sleep hygiene

- Regular schedule
- Limit caffeine, sugar, alcohol
- Don’t nap during day
- Etc.

Is the person sitting or lying down?

Does the person feel safe?

- Consider assistance
- Consider OT

Does the person have a preferred caregiver?