

## 5. Transferring

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

No

Task	Is the person able to get in/out of the normal sleeping place?	Is the person able to get legs over bed?	Is the person able to stand up?	Is the person able to get out of lounge if normal sleeping place?
Why not?	<ul style="list-style-type: none"> <li>- Doorway too narrow for mobility device</li> <li>- Bed too high</li> <li>- Bed too low</li> <li>- Access to normal sleeping place requires use of stairs</li> <li>- Bed too flat, can't breathe when lying down</li> <li>- Mattress too soft</li> <li>- Hospital bed manually operated, can't adjust</li> <li>- Back hurts</li> <li>- Clutter</li> <li>- Floor surface difficult to maneuver</li> <li>- Furniture in the way</li> </ul>	<ul style="list-style-type: none"> <li>- Bed too high, have to crawl to access</li> <li>- Can't lift legs</li> <li>- Can't scoot over</li> </ul>	<ul style="list-style-type: none"> <li>- Can't stand without assistance</li> <li>- Can't stand at all</li> </ul>	<ul style="list-style-type: none"> <li>- Can't stand up</li> <li>- Lounge offers no assistance</li> </ul>
Intervention?	Contractor, OT	PT, OT	PT, OT	PT, OT
Solutions and Strategies	<ul style="list-style-type: none"> <li>- Widen doorway</li> <li>- Alternate mobility device</li> <li>- Lower bed (replace thick mattress, remove mattress or box springs, cut legs of frame)</li> <li>- Raise bed (risers, replace mattress with thicker)</li> <li>- Relocate bedroom on accessible floor</li> <li>- Bed wedge</li> <li>- Put plywood under mattress</li> <li>- Powered hospital bed</li> <li>- Change floor surface</li> <li>- Clear clutter</li> <li>- Rearrange / remove furniture</li> </ul>	<ul style="list-style-type: none"> <li>- Lower bed (replace thick mattress, remove mattress or box springs, cut legs of frame)</li> <li>- Leg lifter</li> <li>- Sliding sheet</li> <li>- Trapeze</li> </ul>	<ul style="list-style-type: none"> <li>- Bed rail</li> <li>- Superpole</li> <li>- Transfer board</li> <li>- Trapeze</li> <li>- Hoyer lift</li> <li>- Ceiling track lift</li> </ul>	<ul style="list-style-type: none"> <li>- Superpole</li> <li>- Lift chair</li> </ul>

Task	Is the person able to sit on the bed?	Is the person able to get into a sleeping position?	Is the person able to get out of the bed?	Is the person able to sleep (conditions that impact sleep)?
Why not?	<ul style="list-style-type: none"> <li>- Mobility limitations</li> <li>- Bed too high</li> <li>- Balance issues</li> </ul>	<ul style="list-style-type: none"> <li>- Can't move legs</li> <li>- Mobility issues</li> </ul>	<ul style="list-style-type: none"> <li>- Bed too high</li> <li>- Mobility issues</li> </ul>	<ul style="list-style-type: none"> <li>- Pain</li> </ul>
Intervention?	PT, OT	PT, OT	PT, OT	PT, OT, Physician, RN, LPN
Solutions and Strategies	<ul style="list-style-type: none"> <li>- Hoyer lift</li> <li>- Adjustable height</li> <li>- Bed rail / Superpole</li> <li>- Transfer board</li> </ul>	<ul style="list-style-type: none"> <li>- Leg lifter</li> <li>- Trapeze</li> <li>- Bed features: mechanical, power adjustable</li> </ul>	<ul style="list-style-type: none"> <li>- Grab bar</li> <li>- Trapeze</li> <li>- Hoyer lift</li> <li>- Adjustable bed</li> <li>- PCA</li> <li>- Leg lifter</li> </ul>	<ul style="list-style-type: none"> <li>- Environmental control</li> <li>- Bed changes: mattress, alternating pressure mattress, egg crate</li> <li>Pain</li> <li>- Adjust / schedule medication</li> <li>- Temperature control</li> <li>- Alexa: music, white noise</li> <li>- Relaxation</li> <li>- Distraction</li> </ul>

## 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?