### Occupational Therapy: Bed Aids

<table>
<thead>
<tr>
<th><strong>Bed Wedge</strong></th>
<th>![Bed Wedge Image]</th>
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<tbody>
<tr>
<td>A bed wedge is a foam triangular wedge that is designed to assist positioning in bed. It elevates the upper body in bed and may assist those who find it difficult to breathe when laying flat.</td>
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<th><strong>Bed Cradle</strong></th>
<th>![Bed Cradle Image]</th>
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| A bed cradle is a simple metal frame that helps to keep clothes and sheets clear of the feet and legs. The base slips between the mattress and the base of the bed. Look for a bed cradle that is:  
- Adjustable in height  
- High enough to clear feet | |

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<tr>
<th><strong>Bed Raisers</strong></th>
<th>![Bed Raisers Image]</th>
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| Raisers are placed under the legs or castors of the bed to make it higher. They are available in plastic or wood. Raising your bed allows you to get on and off more easily.  
**Plastic:**  
- Two different sizes are available which can be stacked on top of each other if needed.  
**Wooden:**  
- Different styles are available, or they can be made to measure.  
- Blocks have different size holes drilled into them to allow for different shaped bed legs. | |

### Specific Recommendations:
- Height to be raised: 
- Number of raisers required: 

Please note not all bed legs/castors will fit in standard bed raisers. Your therapist will advise you if you will need raisers custom made.

Note: Please check the person’s weight is not more than the maximum load limit for the item chosen.

Therapist’s Name ___________________________ Contact No. ________________

Your therapist will supply you with a local supplier list.