



# How to move and position a person in bed

## **WARNING TO HEALTH PROFESSIONALS**

The attached resource teaches families how to provide personal care to a person being cared for at home at the end of their life.

Cultural protocols, gender protocols and roles and responsibilities vary widely within and between Aboriginal and Torres Strait Islander communities and families.

Asking the family and those involved in decision making is the best way to find out about cultural and gender protocols and roles and responsibilities so that you know the most appropriate way forward. You should always consider and discuss the appropriateness of your own role and gender in teaching families how to provide personal care.

## **REMEMBER**

- Acknowledge the care the family are already providing
- Ask the family what they need
- Support the family with additional education resources to continue to provide care in the way they have been
- Take relevant disposable items with you, if possible

 **PLEASE REMOVE THIS PAGE BEFORE GIVING THE STEP-BY-STEP GUIDE TO FAMILIES**

# How to move and position a person in bed



caring  
@home



A good way to move a person in the bed is to use slide sheets.



Move someone with slide sheets after you have been shown how to.

This step-by-step guide is only to be used if there are 2 people to help.

## To get ready

1

### You need:

- Slide sheets x 2
- Pillows



## To put slide sheets under the person

2

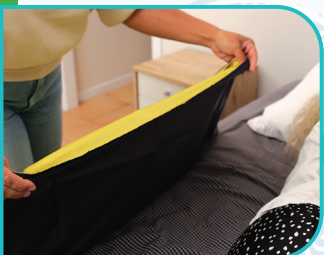
### Lift and bend the leg and roll person onto their side

- ★ Roll to the side that is most comfortable for the person



3

### Hold and line up slide sheets against each other



4

### Place slide sheets lengthways next to the person



5

### Bunch slide sheets up and tuck half under the person



6

### Roll person onto their back



7

### Support the person and pull slide sheets out from other side



8

Gently lower the person



To move the person

9

Use the top slide sheet to move the person as needed



To remove slide sheets

10

Bend leg and roll person onto their side



11

Pull out bottom slide sheet by pulling it under itself starting from the feet and working towards the head



12

Pull out remaining slide sheet with same method



To make the person comfortable

13

Use pillows to put the person in a comfortable position



Need help? Ring the clinic. 

T: .....