

## CONDITION

Borderline personality disorder,  
Dyslexia  
Dyspraxia  
Severe anxiety,  
Asthma

## DIFFICULTY

Poor co-ordination and fine-  
motor skills  
A significant fear of falling out of  
bed

## FUNCTIONAL BENEFIT

Allowed for required weight  
capacity  
Provision of space for turning  
Reduced anxieties  
Enabled independent transfers

## Angie's story

**31 year old Angie has a diagnosis of borderline personality disorder, dyslexia and dyspraxia, in addition she experiences severe anxiety, eczema and asthma. Angie has poor co-ordination and fine-motor skills which impacts on many daily physical tasks including mobility and transfers. Angie's weight of approximately 31 stone also contributes to these physical challenges.**

**Angie experiences frequent nightmares which has led to a significant fear of falling out of bed, Angie has established that these occur when she is sleeping in a standard height bed. Angie, therefore placed a mattress on the floor and slept on this which reduced her nightmares and anxiety of bed falls.**

## Reasoning

Although sleeping on a mattress reduced Angie's anxieties, it created other challenges; Angie struggled to transfer on and off the mattress due to its ultra-low height and is dependent on support of the window sill and radiator which places her at risk of falls when trying to stand. Due to the nature of the task and Angie's weight, it is not safe or feasible for her support worker to assist with this transfer.

As a result of the risk and difficulty, Angie limits the amount of bed transfers carried out and this has led to urinary incontinence at night.

## Conclusion

Angie required a bed that facilitated her weight of 31 stone and provided additional space for turning. With a mattress platform of just 7cm, the ultra-low height of the FloorBed™ 1 Plus was similar to that of the mattress on the floor; however, the height adjustable function (maximum height of 64cm) allows the bed to be raised to an appropriate height.

In addition, the extra 15 cm width took the bed to 105cm wide, which provided Angie with additional space when lying and turning on the bed. The combination of the ultra-low height, the extra width and additional weight capacity of 35 stone contributed greatly to reducing Angie's anxieties and increasing her levels of independence.

Angie raised the bed to an appropriate height, sat on the edge and then lowered the bed to the floor. Angie was then able to slide her legs into bed with great ease – this had previously been a struggle when using a standard height bed. Once in the bed, Angie reported feeling safe and secure and was able to raise the bed to enable her to carry out safe and independent transfers, facilitating quick access to the toilet at night.



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