

# Caregiving: How to Turn a Person in Bed

When it's up to you to help someone turn in bed, you're helping them feel more comfortable.

But this caring act does so much more.

It helps with healing.

And it helps prevent or ease pressure sores.

It's a good idea to have a drawsheet already in the bed.

This makes it easier to roll the person into another position.

You can make a drawsheet by using a regular flat bedsheet.

Fold the sheet in half lengthwise, and place it across the bed.

Smooth out any wrinkles in the sheet.

The drawsheet becomes another piece of bedding, like the sheets or blankets.

Helping someone turn in bed is hard.

So have a family member or friend help you.

It's easier for two people to do it, and it helps protect you from getting hurt.

Ask the person if you can help.

And let the person do as much as he or she can.

Move anything that might be in the way, such as magazines, extra pillows, or medical equipment like drains or tubes.

One person stands on each side of the bed.

Gather up each side of the drawsheet, so that both of you have a handle to grab.

Agree on a count. [Man] "1, 2, 3..."

And then lift and move the person to the side of the bed that they'll be rolling away from.

Tuck in the drawsheet on the side of the bed that your loved one will roll toward.

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The person in the bed needs to be lying on their back with their knees bent.

If the person can't bend their knees, cross one ankle over the other.

Place the arms across the body.

You and your helper should have your feet shoulder-width apart.

One of you will pull and the other push.

If you're pulling, reach over the person, and grab the drawsheet at the person's hip and shoulder.

Slowly pull the drawsheet toward you.

If you're rolling the person away from you, push at the hip and shoulder areas.

Use pillows to help the person feel more comfortable.

A body pillow or two pillows can be used to help keep the person from rolling back.

Place a pillow between their knees, with legs slightly bent and with the top leg a little in front of the bottom leg.

Another pillow can go under the bottom leg so the bottom ankle is off the bed.

Be sure the person's shoulder is turned forward under the body.

If the person is on their back, put a pillow under their legs between the knees and ankles.

And don't put anything under the heels.

Smooth out the drawsheet in its original position and tuck it in.

And finally, ask the person if they're comfortable.