Tips to Informal Caregivers
on Giving Personal Care

Making an Occupied Bed

- A clean, fresh bed is an essential part of personal care and grooming for the bedridden person.
- Choose a convenient time for making the bed. After the bath may be a good time.
- Gather all equipment needed.
- Place soiled linen in a bag, hamper or on a chair protected with newspaper. Never put it on the floor where it could be contaminated.
- Store soiled linen in a closed container until it can be laundered.
- Place a board under the mattress to add firmness.
- Use a waterproof mattress pad if extra protection is needed.
- Use warm, but lightweight blankets.
- Pillows should be firm enough to maintain body posture, but soft enough to be comfortable.
- Do not tuck in top linens so tight that they pull or press on the toes and feet.

The above statements are not intended to diagnose, treat, cure or prevent any disease. You should always consult with your physician about any health and lifestyle concerns or issues you may have.