

Making an Occupied Bed

Many times there is a need to change the bed linens even if your loved one cannot be moved from the bed. If bed sheets are soiled or wet, they need to be replaced. Many times it may be necessary to change the sheets after a bed bath has been given if water has dripped onto the sheets. Other times, just having fresh bed linens are a comfort.

How to Make an Occupied Bed:

1. Remove the blankets and/or top sheet. If they will be used again, place on a clean surface.
2. Loosen the linens from where they are tucked under the mattress.
3. Gently roll your loved one toward the opposite side of the bed from where you are standing.
4. Roll the soiled bottom sheets as close to his/her body as you can.
5. Unfold and tuck the clean sheet under the mattress on the side of the bed that has just been cleared.
6. Move the clean sheet towards your loved one and the soiled sheet, being careful not to soil the clean sheet.
7. Roll them towards you and over the mound of linens.
8. Move to the opposite side of the bed.
9. Remove the soiled linens from the bed.
10. Pull the clean linen across the bed and tuck under mattress.
11. Help your loved one back to the middle of the bed.
12. Replace top sheet/blankets.