Location:
Hoo St. Werburgh, Kent

Client challenges:
Parkinson's, dementia and arthritis

Solution: **Orbit Rotating Bed for one person**

Janet's Orbit Rotating Bed brings practical benefits to life at home with Parkinson's and dementia

Janet Judd who lives with Parkinson's and dementia, and her husband/full time carer Stephen, are both continuing to live well at home in Hoo St. Werburgh, Kent, thanks to an Orbit Rotating Bed from Theraposture.

CASE STUDY 34







Janet Judd, a retired telephonist who lives with Parkinson's, dementia and arthritis, is cared for at home by her husband Stephen. After difficulties with two previous rotating beds from other suppliers, a refurbished Orbit from Theraposture has provided an effective, personalised solution that helps Janet and Stephen continue living at home with minimal carer support. With the powered movement and support of a rotating Orbit, Janet can get in and out of bed without the need for manual lifting from Stephen – a huge benefit for increased safety and peace of mind.

Stephen and Janet met at work in 1966. Stephen was responsible for repairing office equipment, while Janet was a telephonist. They married and started a family which included fostering children, who arrived as babies and remain part of their lives today.

Due to their coastal location, Stephen went on to work at the National Sea Training College and later became a facilities manager for the Metropolitan Police.

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His practical skills have stayed with him in retirement, whether arranging adaptations for Janet or building a model railway. His engineering and mechanical skills have meant he fully appreciates the design excellence of the Orbit bed.

With the touch of one button, the Orbit's powered profiling and rotation takes a user from a lying to a seated position with their feet securely positioned on the floor. It will then rise vertically to assist with a sit-to-stand transfer and vice versa. Settings can be personalised, including seat height and depth, and rotation speed, with a choice of finishing angles so side transfers into wheelchairs are easier. It is the ideal solution for greater independence as users can get in and out of bed without assistance and when they want to. Alternatively, if carer assistance is required, it negates the need for manual handling, so the risk of injury and falls are eliminated.

Before the Orbit arrived, life had become increasingly difficult for both Janet and Stephen. Janet's dementia and Parkinson's had developed to a stage where most everyday activities where impossible independently and Stephen's own health challenges met physically helping his wife in and out of bed was risky. "She could get out of bed, but she couldn't get back in," Stephen explains. "I had to keep lifting her legs up, and I couldn't do that because I was out of breath. I've got COPD and have had three heart attacks. We do have carers come in occasionally however I am Janet's main carer 24/7 so needed help."



Janet is moved into a stable seated position, ready to stand safely



Stephen began researching rotating beds however the two companies he tried resulted in problems with installation, operation and suitability. He describes interrupted nights and the frustration of trying to resolve difficulties when Janet needed assistance. In the end they had no choice and had to return the beds so the Judds were left with a standard bed and all the problems associated with inaccessibility.

Stephen and Janet still needed a solution that worked. After seeing the Orbit on YouTube, Stephen telephoned to find out more. He spoke to Theraposture's Managing Director who, after listening to Stephen's budget limitations, recommended a refurbished bed. It could still be configured to match Janet's exact size especially regarding seat width and depth. The previous beds could not be modified which meant Janet struggled for support and felt unsafe when getting in and out.

The Orbit immediately improved both their lives. It was delivered as part of a CDA (Combined Delivery and Assessment) which meant the bed was assessed for

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appropriateness and when the Judds and Theraposture were satisfied it met Janet's needs clinically, the bed was fully installed. Stephen continues: "When they delivered it, Theraposture's technicians were really spot on. They knew exactly how to do it. It was heaven. I didn't have to do anything."

The team adjusted the seat to suit Janet and programmed the movement around her needs. Stephen particularly appreciates that she does not have to shuffle back extensively to get into position. When asked what difference the Orbit makes to him, his answer is simple: "I haven't got to lift her feet up anymore." For someone already coping with breathlessness, removing that physical task is a significant benefit.

Stephen can help Janet through the bed's powered movement rather than repeatedly lifting her legs himself. Stephen also values the Orbit's ability to rise vertically from its seated position, helping Janet towards standing without tipping her forwards. He has arranged support within the bedroom for her to hold.

"If you want to get out, you press the button and it goes up," he explains. Janet's dementia means she cannot remember which handset buttons to press, so Stephen operates the bed for her. Although the Orbit supports independent transfers for some people, its role here is to help a husband assist his wife with less physical effort. With Janet sometimes needing assistance every two hours during the night, that help really matters. Stephen describes how demanding repeated night-time waking can be, particularly alongside daytime care.

Many other considered design details of the Orbit have made an impression on Stephen. He appreciates the pillow support, which helps keep the pillow in place as the Orbit changes into a chair. "Somewhere to put the pillow where it stays is so clever he says. "This one's perfect." The retained mattress, compact base and straightforward wheel locking are further advantages. Stephen explains: "Although it's a full-sized single bed, what it stands on is compact The mechanism is smaller than the bed, which makes a big difference." As the Orbit has such a small footprint, they can easily accommodate another single bed in their compact bedroom whilst retaining plenty of floor space for transfers.



Janet can rotate to and from a lying position whilst feeling secure in a profiled 'cradle position'

For Janet and Stephen, the Orbit has been 'a godsend'. It is a vital part of Janet's care circle which includes her husband, foster son, carers, family and friends who all work together to ensure she can live comfortably at home. The simple but highly important task of getting in and out of bed safely is now solved – consistently and without risk, thanks to an Orbit from Theraposture.

Official Parkinson's Partner

Theraposture works in official partnership with Parkinson's UK, providing adjustable beds and chairs and supporting the charity through donations from sales. Customers with Parkinson's purchasing a new product receive a 10% discount.

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> "I couldn't keep lifting Janet's legs into bed. Now I don't have to... our Orbit has been a godsend"

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