Bed & Chair Protection

**Bed and chair protection**
There is a wide range of reusable products available to assist with bed and chair protection in the community. I will take you through the various types of products available to help in managing continence issues.

**Bed pads**
A bed pad is commonly used for protection of the bedding from moisture. It is normally placed on top of the bottom sheet. Bed pads have a quilted, brushed polyester, stay dry surface with an absorbent middle layer, which draws moisture away from the surface, and are available with or without poly cotton tuck-in flaps. The quilting helps in the prevention of wrinkling, bunching and puckering.

There are a number of sizes and absorbency capacities available as well as a range of colours including plain, floral and tartan. There is a children’s printed design also available.

Most bed pads have a waterproof backing and for those that don’t a waterproof draw sheet must be used directly under the pad otherwise bed linen will get wet.

Please note consideration should be taken when selecting bed protectors factors should include: skin protection, comfort, amount of urine that can be absorbed, leakage and movement of the bed protector if the individual is restless.

**Mattress Protection**
A variety of mattress protectors are available to fit single, double and queen size beds. They range from a basic waterproof to breathable and waterproof protectors and are available in either a fitted, enveloped or strap style.

Some have a wipeable surface and others have a fabric surface with a polyurethane waterproof backing.

**Quilt/Doona and Pillow Protectors**
These will provide moisture protection of bedding without compromising comfort. A variety of sizes and styles are available to choose from which to choose.

**Chair pads**
A chair pad can be used to protect seating anywhere whether at home or in the car. Chair pads have a waterproof backing and are light in weight, they are portable and convenient to use. Most have a slip resistant backing and like bed pads have an absorbent middle layer, which helps to draw moisture away from the surface. They are available in plain, floral and tartan colours.

**Care of washable bed and chair pads**
Use a mild detergent with warm water. These products can be machine-washed and tumble or line dried. Do not use fabric softener or bleach when laundering these products, as this will decrease the efficiency of the product. There is also a range of disposable bed and chair pads available in a range of sizes, styles and capacities.

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