

Evie's bed

Summary

Many of us take a safe and comfortable bed for granted, but Evie didn't experience having a bed of her own until she was five years old, when Alan Catherine made her one. Alan, a volunteer from Remap Brighton, provided protective padding and a special netting for Evie's bed, so she would be protected and feel secure.

Now Evie sleeps in her own bed, safe and sound, and mum and dad have their bed to themselves again, so everyone is sleeping better. Evie's mum says "We cannot thank Alan or Remap enough".

The challenge

Evie is five years old and suffers from cerebral palsy and global developmental delay which means she has physical and cognitive disabilities. She only walks short distances with assistance and has no sense of safety. She has had long term sleep issues such as frequent waking and for safety she was sleeping between the parents in their own bed. They were suffering from a lack of sleep as a result and a sleeping environment that could keep her safe through the night was needed.

A solution was needed to allow the Evie to sleep in her own bed and for the parents to relax and sleep better themselves. They did not want a padded cell-like enclosure offered by the NHS which would be unpleasant to see and claustrophobic for Evie.

The solution



Alan, a volunteer from Remap Brighton adjusted and strengthened the existing bed, adding a removable, but secure surround approximately 12 inches high. This was made from padded cushions attached to a PVE and timber frame. Along the side of the bed, above this level, a curtain was made from a strong, plastic mesh.

This was fixed to wooden rods so it can slide up and down for access.

At the foot of the bed, a framework with the curtain material strung across was attached so that it could be removed as a whole. The head and other side of the bed abutted walls so simple cushioning was arranged there by Evie's mother who also decorated the bed framework to soften the appearance.

The benefits

On completion the benefits were immediate. Evie loved her new bed and quickly made it her own personal little home. She can see out through the mesh and, importantly, the parents can see in to check on her. Mum and dad can now get a good night's sleep, from not being disturbed by Evie's spasmodic movements and by being confident that their daughter is safe and happy in her own bed.

Evie's mother says *"She goes to sleep really easily and although we still have sleep issues as part of her condition, they are not as acute or as devastating. We now know she is safe at night even if she wakes up. Evie and everyone who sees it loves her bed and it has contributed massively to all of us getting a better night's sleep. We cannot thank Alan or REMAP enough."*