

Bath and Shower Equipment

People who have impaired mobility, strength or endurance may have difficulty getting in and out of the bath. They may be unable to stand to shower and may have difficulty washing and drying themselves. A range of equipment is available to assist people who have difficulty with bathing and showering tasks.



BATH BOARDS/SEATS

For people who have difficulty getting in and out of the bath, a bath board may be fitted across the top of the bath. This allows a person to sit over the bath without the need for stepping into the bath.

People sitting on a bath board would then use a long-handled shower hose to bathe.

A shower hose on a slider rail enables the shower head to be used at heights appropriate for sitting or standing positions.



A bath seat may be placed inside the bath to enable people to lower themselves further into the bath. It may be used on its own or in conjunction with a bath board.

BATH TRANSFER BENCHES

Transfer benches allow easier transfers over the bath by providing a bench outside of the bath that the user can then lift their legs over the side of the bath and can then shuffle their bottom across the bench or use a sliding mechanism to the centre of the bath.



There are a variety of bath transfer benches available. Most are height adjustable. Some come with holders for a shower hose. A transfer bench with a sliding seat may be appropriate for those who have difficulty shuffling across the transfer bench.

BATH HOISTS

A bath hoist may be required to assist individuals to get in or out of the bath and allow submersion into the water with minimal effort.

The range of bath hoists include:

- Hoists that are placed onto the bottom of the bath
- Hoists that are fixed to the wall or the floor beside the bath
- Ceiling hoists



SHOWER CHAIRS

A shower chair or shower stool may be placed in the shower recess to enable people to sit while showering. This may be helpful for those with poor balance or who fatigue when showering. A chair or stool with armrests can assist people to get on and off the shower seat more easily.



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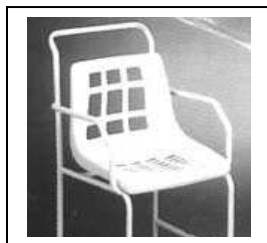
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TOWNSVILLE

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Cnr Newmarket & Enoggera Roads
(PO Box 3241), Newmarket Qld 4051
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Facsimile: 07 3552 9088



MOBILE SHOWER CHAIRS

A mobile shower chair may be used over the toilet, in the shower and as a commode.

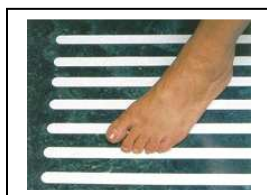
A hobless (step free) shower recess is required to enable the use of a mobile shower commode in the shower.



BATHROOM MODIFICATIONS

Modifications may be required to improve access into or within the bathroom. These may be small, like the installation of a grab rail, or large as the removal of a bath. Make sure you discuss any planned modifications with your builder or Occupational Therapist.

Wall-mounted grab rails beside the bath or shower recess can provide support for people with impaired balance or mobility, and thus enables safe and independent access to the bath or shower.



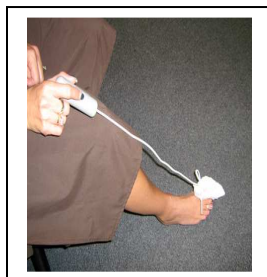
A non-slip surface on the floor of the shower or bath can improve safety in the bathroom. This can be achieved with non-slip flooring, matting, treads or chemical application to the existing floor.



Thermostatic mixing valves can be installed in the bathroom to reduce the risk of scalding. These combine hot and cold water and deliver the mixed water at an even, pre-set temperature to the tap or shower.

AIDS FOR SHOWERING/BATHING

For people who have the use of only one hand, or have limited hand function, a soap mitt may aid washing. This consists of a towelling mitt with an elasticised wrist and a sewn-in soap pocket.



A towel with hand loops sewn to each end may be used by people with limited movement to dry themselves.

For people who have difficulty reaching their feet or back, long-handled aids such as a toe washer, toe wiper or long-handled scrubbing brush may be useful.

NEED TO KNOW MORE?

Telephone, fax or e-mail your enquiry to obtain further information from one of the therapists about products. Alternatively, you can make an appointment to trial the equipment at our display centres or through our outreach service. Please phone LifeTec Queensland for further details.

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