

## Children's Shower Equipment

Children who have disabilities may have difficulties with showering. Often this impacts on the parents, other family members and others who may be providing care for the child. A range of equipment is available for children and their carers to make showering safer and easier.



### BATH BOARDS AND SEATS

As the child grows, and getting in or out of the bath becomes more difficult, showering can be easier than bathing for some children and their parents or carers.



If the shower is over the bath then a bath board or a transfer bench may be used for a more able child to sit on while showering.

Some models have backrests to provide additional support for a child with reduced balance.

A swivel bath seat may also be useful for some children.



Children's shower chairs come in different sizes. They generally have a moulded fibreglass seat and back to provide good support while sitting.

Some chairs can also be used as commodes or as an over toilet aid.

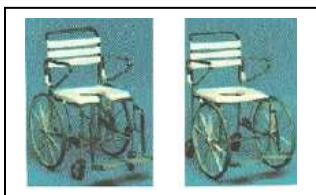
Additional supports may include harnesses, head supports, foot supports and pommels.

### MOBIL SHOWER CHAIRS/COMMODOES

These allow the child to be wheeled directly into an accessible shower from another area of the bathroom or house. Self-propelling versions with large rear wheels allow children to push themselves, whereas attendant versions have four small castors and are pushed by the parent or carer.



Most mobile shower chairs have a commode aperture that allows them to also be used as a commode or directly over a toilet. This can reduce the number of transfers required during hygiene tasks. It is important to check the specific size and style as not all shower chairs can be used over a toilet.



For some larger children, with lower support needs, a standard adult shower chair may be suitable. The seat however, may need to be modified so that the commode aperture is smaller.

### **RECLINING SHOWER CHAIRS**

Reclining shower chairs allow the backrest to be reclined and the foot supports to be raised.



Some children's shower chairs come with tilt-in-space which allows the child's position to be adjusted for added support.

Some bath supports can be used on a mobile base and therefore double as reclining shower chairs.

### **SHOWER CHANGE TABLES**

Shower change tables allow the child to be showered at a good height for the carer or parent. Consideration should be taken regarding how the child will be lifted on and off the stretcher.



Wall mounted shower or change tables can be folded up against the wall when not in use.



Shower trolleys are another option for larger children. These devices are on mobile bases and require a large amount of circulation space which is not usually available in domestic situations.

Both shower tables and shower trolleys tend to be very expensive, which contributes to their infrequent use.

### **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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