



# Product Guide

Raised toilet seats

 **etac**<sup>®</sup>

# Prolonging independent toilet visits

To manage toilet needs independently is an integral part of every-day life. Implementing the right toilet aid - at the right time - can prolong independence as well as help caregivers improve bathroom privacy for the person they are caring for. Introducing a raised toilet seat and/or arm supports can be a great step towards a better toileting situation and make a huge difference for the individual.

## How a raised toilet seat can improve quality of life

Standing up and sitting down can be challenging for someone with reduced mobility. A raised toilet seat can make bathroom routines easier and more enjoyable, and sometimes be the difference between independence and dependence.

Simply raising the toilet seat a few cm decreases the distance between sitting and standing, which alleviates daily transfers. It also improves safety and reduces the risk for fall accidents. When needed, arm supports can be added for further support and security.

## The importance of the right seat

For many people, a raised toilet seat is the first assistive device introduced in the household. This makes it especially important to choose the right one, so the user gets a positive experience and finds it helpful in daily life. Etac's range includes a vast number of seat alternatives to accommodate varying needs, where this guide offers



## Why appearances matter

We know that toilet aids can be a sensitive subject. Assistive devices are a “private matter” and having them on display can make people feel self-conscious. That’s why developing visually appealing products is one of our top priorities - to make sure that appearances never stand in the way of someone’s quality of life.

# Raised seat categories

Etac's raised toilet seats are divided into three categories determined by how they are installed. They have varying benefits and suitability for different user needs.



## Fixed mounting

Fixed models are great when you want a solid solution with the option of having arm supports. They are always in place and offer many alternatives to accommodate individual preferences. The seat is mounted onto the porcelain and looks integrated with the toilet. This solution requires fitting to the individual toilet model and its specific type of mounting requirements.



## Toilet chairs

Toilet chairs are freestanding models that don't require mounting at all, but can simply be placed over the toilet. This makes them especially suitable for temporary needs, or when you want to avoid fixed installations. They also provide arm supports if needed. In turn, they require more floor space than the other categories.



## Bracket mounting

If you don't need arm supports, you can choose a seat with brackets. This is a flexible solution where the seat is simply "clicked" into place and as easily removed. This can be beneficial if there are other people using the same toilet, since it can be put on only when in use. It also allows for use in alternative bathrooms or other locations (like a vacation home).



# How to choose the right toilet seat

## 1 Initial considerations

### The user's mobility

The user might have specific conditions that influence which seat to choose. For example, someone with balance issues will benefit from arm supports, whereas someone in a wheelchair might want just one arm support to allow for side transfers onto the seat. A person who struggles particularly with standing up or sitting down, for example following a hip surgery, can choose a seat that can be set with a slight anterior tilt.

### Limited space

If bathroom space is scarce, seats that are attached to the toilet take up less space than freestanding models. If the toilet is close to a wall, one arm support can be removed to save space. Mounting access might also be limited, where a seat with brackets could be the best choice.

## 2 With or without arm supports?

The next step is to decide if arm supports are needed. Arm supports are a great help when standing up and sitting down. They also add security and a sense of safety, while seated as well as when transferring. Most arm supports can be folded away or used individually, and some can be adjusted in height.

### With arm supports

If you want arm supports, you need to choose a raised seat with fixed mounting that includes arm supports, or a toilet chair model.

### Without arm supports

If you don't need arm supports, choose a seat with brackets, alternatively fixed or freestanding models in versions without arm supports.

## 3 Choosing the right seat height

### Available heights

Seats that are mounted onto the toilet are available in heights of 2, 6 or 10 cm. The 2-cm version is in practice the same height as a regular seat, and is only chosen when its main purpose is to provide arm supports. Toilet chair models have telescopic legs, and subsequently come in one size that is height-adjusted on site.



2 cm



6 cm



10 cm

### Determining the correct seat height

What size to choose depends on the user's physical height, strength and balance. A good way to make an assessment is to take measurements and compare to how the person sits today, i.e. on the toilet that will be equipped with a seat.

#### Taking measurements

- Measure from the back of the person's knee to the floor.
- Measure the height of the toilet porcelain from the floor (excluding the seat).
- Subtract the toilet measurement from the person's knee height.
- The difference between the two measurements indicates the raised toilet seat height needed.

#### Comparing to how the person sits today

- The person sits obviously low today. Choose 10 cm (with or without arm supports).
- Otherwise, choose 2 cm with arm supports or 6 cm (with or without arm supports).

## 4 Toilet models and mounting details

There are countless toilet models with individual shapes, sizes and mounting holes. Etac's seats are designed to fit most of them, but fixed seat raisers require special consideration to the specific toilet and space around it.

Some porcelains require screws of a certain length. Most of our seats have optional attachment kits to accommodate various fittings.



Attachement kit, standard



Attachement kit, short

## 5 Summary

### Fixed models

- Include arm support options
- Solid solution, always in place
- Look integrated with the toilet
- Need fitting to individual toilet models
- Many different options to accommodate individual preferences
- Space-saving

### Toilet chairs

- Include arm support options
- Easy and quick to place over/ remove from toilet
- No adaptation to specific toilet models
- Can be used in different bathrooms, locations or for temporary needs
- Require more space in the bathroom

### Bracket models

- Without arm supports
- Easy to mount/remove
- No adaptation to specific toilet models
- Can be used in different bathrooms, locations or for temporary needs
- Look integrated with the toilet
- Space-saving

# Product selection guide

## Etac raised toilet seats



Product	My-Loo	Hi-Loo	Hi-Loo Fixed	Cloo	Swift Freestanding	Swift 3 in 1 Commode
Category	Bracket mounting	Bracket mounting	Fixed mounting	Fixed mounting	Toilet chair	Toilet chair
Arm support options	-	-	✓	✓	✓	✓
Primary features	Extremely easy and quick to mount/remove High maximum user weight Generous recesses and extra-large seat opening for improved access Stylish and streamlined design	Very stable design with 4 brackets/friction elements Recess in both front and back for good access	Stable and best-selling classic Recess in both front and back for good access Easy to snap off the seat unit for cleaning purposes No pinching risk between seat and armrests	Height-adjustable through the use of spacers Can be set with a slight anterior tilt Removable seat unit for cleaning purposes	Stable yet light in weight, easy to assemble/disassemble Simple height-adjustment with telescopic legs Sturdy (and removable) armrests to facilitate transfers Can be used as a shower stool and accessorized into a commode	Stable yet light in weight, easy to assemble/disassemble Simple height-adjustment with telescopic legs Sturdy (and removable) armrests to facilitate transfers Can be used as a commode, shower stool and over toilet frame
Accessories <small>For the complete and continuously updated range, visit our web site.</small>	Soft seat   Lid	Soft seat	Soft seat   Toilet paper holder   Cross bar   Brackets   Attachment for signal device	Soft seat   Arm supports   Heightening spacers (14 cm)	Toilet paper holder   Pan   Soap dish   Splash guard   Seat pad   Back support and pad	Toilet paper holder Soap dish Splash guard
<b>Comparison matrix</b>						
Heights	6 cm, 10 cm	6 cm, 10 cm	2 cm*, 6 cm, 10 cm	Adjustable to 6, 10 (or 14*) cm	Seat height adjustable from 42-57 cm	Seat height adjustable from 45-57 cm
Max user weight	190 kg	150 kg	150 kg	150 kg	160 kg	160 kg
Arm supports	-	-	Optional	Optional	Removable	Removable
Individually foldable arm supports	-	-	✓	✓	-	-
Can be used with only one arm support	-	-	✓	✓	✓	✓
Height-adjustable arm supports	-	-	-	-	-	-
Can be set with anterior tilt	-	-	Yes, with Hi-Loo Angled	✓	✓	✓
Toilet lid	Optional	Optional	✓	✓	-	Included
Pan as option	-	-	-	-	✓	✓
Blind hole fixings Ø20 mm	-	-	-	-	-	-
Has alternative attachment kits	-	-	✓	-	-	-
* Comment			*Called Supporter toilet arm support	*14 cm requires extra spacers		*Modular design facilitates multiple usages

### Product pages

Go to [www.etac.com](http://www.etac.com) for additional details and item numbers.





Your Etac Representative

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enabling independence