




Assistive Technology in the Bathroom

Toileting

<p>Toilet seat raiser: Raise the height of the toilet seat Installed securely onto a toilet Varied heights or height adjustable With or without lid</p>		
<p>Toilet surround: Assist sitting and standing with arm support Can be used in conjunction with toilet raise</p>		
<p>Toilet Seat raiser with arms: Fixed or swing away More streamlined look Less floorspace required Minimise trip risk</p>		
<p>Over toilet aid: Adjustable legs to increase toilet seat height Ensure funnel is used to minimise spills Oval shaped legs are easier to adjust Check rubber stoppers on legs are non slip</p>		

<p>Commode: Attendant or self propelled Used for transportation, toilet and shower Minimises equipment needed Best selection for those with increased needs Facilitates caregiver assistance</p>	 <p>BetterLiving</p>	 <p>etac</p>
<p>Bedside commode: For those at high risk night toileting Reduces distance from bed to toilet Never a preferred solution</p>	 <p>etac</p>	 <p>etac</p>

Grab rails

<p>Swing away grab rails: Able to be moved away after use Used when no wall is present Can contain a toilet roll holder</p>	
<p>Horizontal wall rail: Installed properly by a builder May not allow person to pull themselves into standing if required Fixed height</p>	
<p>Multi-angled wall rail: Extends support the entire sit to standing position Facilitates improved safety</p>	

<p>Right angled rail: Can be used for holding, pushing and pulling</p>	
<p>Angled rail: Improves alignment with natural standing Increases distance covered</p>	
<p>Rail material: Ensure non slip Varied rail lengths</p>	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> <p>etac</p> </div> <div style="text-align: center;"> <p>BetterLiving</p> </div> </div>
<p>Multidirectional rail: Ease of individualised orientation Easy to use and install</p>	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> <p>etac</p> </div> <div style="text-align: center;"> </div> </div>

Showering

<p>Flip down shower seat: Easily accessible No floor space occupied No storage requirements Flip up for show use by other family members</p>	
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<p>Shower stool: For those with good sitting balance Require only a small amount of support Available in varied shapes to ensure access Oval cylindrical legs make adjustment easier</p>		
<p>Swivel seat: For those with good sitting balance Allows swivel for showers with limited access</p>		
<p>Shower stools with arms: Assist with sitting balance allowing steadying with arms Facilitated push up for sitting/standing Can have cut aways to assist with cleaning access Can have drainage holes to ensure flow of water</p>		
<p>Shower chairs: For those who require back support for stable sitting Chair arms to assist with balance/standing/sitting Ensure large holes in seat back for hygiene Seat holes should not be too large to avoid entrapment Can have cut aways to assist with cleaning access</p>		
<p>Shower/Toilet Commodes: Provide greater support in multiple bathroom locations One item for many tasks Removable for use of bathroom by family members Facilitates transfer to shower for those who are unsafe Self or attendant propelled options Cut outs for improved cleaning Front access or rear access for greater hygiene</p>		

Tilt in Space Commode:

Offers the greatest support if required
Good for future proofing in deteriorating conditions

Tilt function-

- allows comfort during hair washing
- Tilt reduces pressure on sacrum and pelvis
- Can be used without tilt for upright

shower/toilet

Fully adjustable height-

- to reduce splash risk over toilet
- Access over tall toilets
- Access over bidets

Raise for carer needs when showering

Width and height adjustable arm rests:

- Ensuring greatest support
- Swing away for cleaning or side transfers

Ergonomic non slip foot rests-

- Ensure comfort and safety
- Facilitates foot support for ease when voiding
- With heel supports to support when in tilt

Backrest-

- Mesh for cleaning the back
- Washable
- Tension adjustable to accommodate body shapes
- Fully adjustable to accommodate postural needs

Seat options-

- Multiple choices to allow users needs to be met
- Large or small hole apertures
- Padded or pressure care seating
- Front and rear access to maximise hygiene

access

Head support-

- Removable if not required
- Fully adjustable
- Lateral support to prevent lateral movement

Tilt function-





- Easily activated with single hand
- Activated from front or side if required

4 castor brakes-

- Improve safety
- Improve manoeuvrability



The Bath

<p>Bath board/seat: Allows sitting when showering Minimise risk of falls and aids hygiene</p>	
<p>A bath transfer bench – Offers the same energy conservation and falls prevention as a bath chair. In addition to this, a bath transfer bench assists an individual in safely getting into and out of a tub.</p> <p>With a tub transfer bench, two of the legs of the bench are outside of the tub, and so an individual sits onto the bench, then brings their legs into the tub (from seated) and shifts down the bench.</p> <p>This eliminates the need for individuals to step over the threshold of the tub, which can be a challenging activity, requiring strength, range of motion, and balance. As tub transfer benches take much more space, they are not appropriate for every bathroom.</p>	
<p>Bath swivel chair: Less floor space required than a transfer bench Allows seating, then swivel to inside the bath</p>	
<p>Bath lifter: A bath lift is an assistive device which allows an individual to still enjoy a soak from the bottom of a tub.</p> <p>The remote-controlled electronic lift slowly lowers the individual into the bottom of the tub and rises them up when their bathing is done.</p> <p>With this device, the client does not need to step over the tub threshold or sit down/ stand up from the bottom of the tub. Although this assistive device is preferred by many clients who enjoy to bathe</p>	

Grooming

<p>Back washer</p>	 <p>etac</p>	
<p>Body washer</p>	 <p>etac</p>	
<p>Hair washer</p>	 <p>etac</p>	
<p>Hair Brush</p>	 <p>etac</p>	
<p>Hair comb</p>		
<p>Toilet Paper tongs</p>	 <p>etac</p>	

Flooring

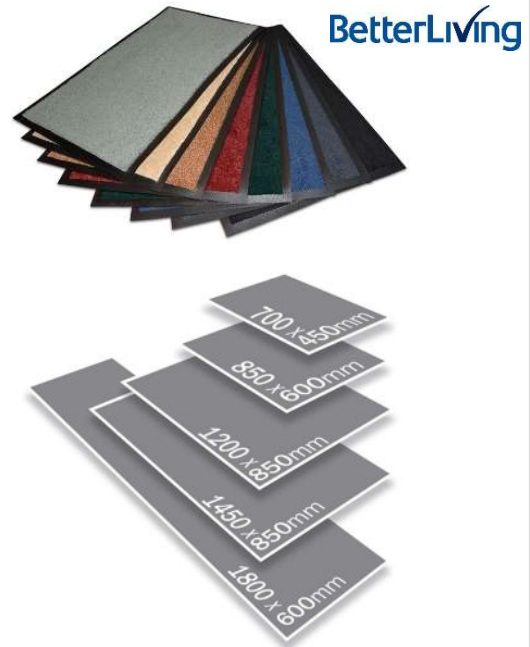
Bath Mats

Bathroom floors usually consist of a tiled surface. This is naturally a slippery surface made more of a risk with factors such as condensation, water spills or presence of residue from hygiene products eg hairspray, deodorant.

Conventional mats pose a trip risk, so a falls prevention mat should be used

Better Living Mat features:

- Low odour rubber
- Non marking
- Non slip/high grip base
- 1.5mm tapered edge
- Low profile 5mm thick
- Tapered rubber edge
- Durable tufted nylon
- Catches dirt and liquids
- Machine washable
- Quick Tumble dry on low
- Large variety of sizes and colours



Toilet Mats

Incontinence events are common in the bathroom at the sight of the toilet, as are accidental spills that miss the toilet bowl. This risk needs to be managed to ensure urine does not present a slip risk.

Ensure the toilet mat is of extended length to ensure the whole foot is located on the mat during sitting and when standing up.

Machine washable is essential for infection control.

