



ADJUSTABLE ARMRESTS FOR THE TOILET

CAUTION

This sheet contains general recommendations and does not constitute a professional assessment.

Why use adjustable armrests for the toilet?

Armrests provide sturdy support for getting up and slowing your descent to the toilet.

Who is it for?

- If you have some difficulty getting up from the toilet.
- If you are having great difficulty, you may need to add a raised toilet seat.

How to install armrests

Tools are required.

The width of the armrests is adjustable; generally from 45 to 60 cm (18 to 24 in.). The height is also adjustable; generally from 66 to 78 cm (26 to 31 in.). Adjust them so that they are at elbow level when seated on the toilet.

Precautions

Follow the manufacturer's instructions. It is normal for the armrests to move a bit or make a small metallic sound when you use them.

How to use the armrests

1. Bring your feet toward the toilet.
Lean your body forward.
Push on the armrests.
2. Straighten your body.

Programs to help you pay for your equipment

There are many programs that can help finance technical aids. Note that a medical prescription is usually required.

- Check whether your private insurance covers technical aids.
- You may be eligible for funding if you are a social assistance, CSST or SAAQ recipient. Check with your case worker.
- Equipment receipts can usually be included in the medical expenses section of your provincial and federal income tax returns. A medical prescription is required.

FOR PROFESSIONAL ADVICE

Consult an occupational therapist to have your abilities evaluated, for personalized advice about bathroom equipment or instructions on how to use it.

Be sure to talk to your physician about any difficulties that you are having during your daily activities!