



## THE BATHBOARD

### CAUTION

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

### Why use a bathboard?

A bathboard allows you to take a shower in the seated position. It also reduces the risk of falling when getting in and out of the bathtub.

### Who is it for?

The bathboard is one of the safest bath equipment. However, as it is not height adjustable, you must be able to get up from the height of the edge of the bathtub. You must also have good balance, as the bathboard does not have a backrest.

### How to install it

Follow the manufacturer's instructions to adjust it. No tools or drilling are required. The movable part under the board simply needs to be adjusted. When placed on the bathtub, the bars underneath the board must be firmly pressed against the inside edges of the bathtub.

#### Precaution

- The bathtub ledge must be at least 3 cm (1 in.) in order for the board to rest on it. Check that it is securely in place before each use.

### How to use it

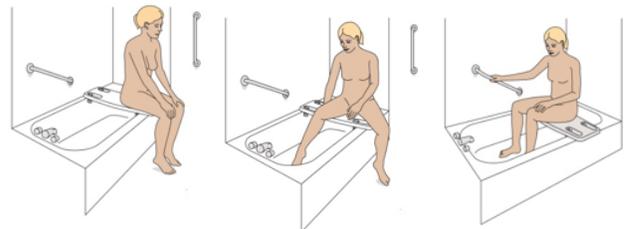
#### To enter the bathtub

- Sit down on the board.
- Turn your body toward the taps and bring each leg into the bathtub.
- Slide your body to the center of the board. Use a wall grab bar if necessary.
- Close the shower curtain all the way so that water runs from the board to the bathtub floor. This works best with a curtain made of flexible material.

#### To exit the bathtub

- Slide to the edge of the bathtub.
- Turn body to move your legs out of the bathtub.
- Use a grab bar to get up if necessary.

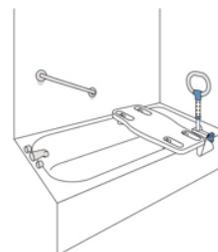
### For your safety, you may also need:



#### Wall grab bars

You may need to use grab bars when using a bathboard.

- To get up from the board: a 45 cm (18 in.) vertical wall grab bar at the bathtub entrance. The middle of the bar should be at your waist level when standing.
- This bar can be replaced by a bath handle (clamp-on bar for the edge of the bathtub) secured behind the board.



- To reposition yourself on the board: a 45 cm (18 in.) bar at a 30-degree angle on the soap holder wall (the large wall). When seated on the board, the bottom of the bar should be at your elbow level.
- Choose non-slip (textured chrome) bars and firmly secure them into a wall stud. Ask a carpenter to install it, if necessary.

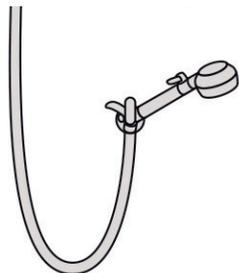
### Non-slip mats to prevent falling

- Use a rubber mat with suction cups in the bathtub.
- Ensure that the mat outside of the bathtub is non-slip and that its edges do not turn up. Choose a short-fibre, loop-pile design.

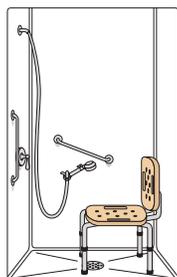


### Hand-held shower head

- A hand-held shower head with a 183 cm (6 ft.) hose will make your hygiene easier. Choose a shower head that has a switch on it.



- If the shower head has a wall bracket, install it in such a way that you can easily access it while seated (approximately 90 cm [36 in.] from the floor, on the tap wall or the soap holder wall [the large wall]).
- If your shower is used by people who shower standing up, choose a hand-held shower head with a 218 cm (86 in.) hose.



## 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!