



THE BATHTUB TRANSFER BENCH

CAUTION

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

Why use a bathtub transfer bench?

The bathtub transfer bench allows you to take a shower in a seated position. It also reduces the risk of falling while getting in and out of the bathtub and prevents strain.

Who is it for?

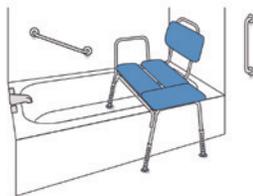
The bathtub transfer bench is among the safest equipment for bath hygiene. It has a backrest and is height adjustable. However, since two of its legs are outside of the bathtub, there must be adequate space in the bathroom.

How to install it

Follow the manufacturer's instructions to adjust it.

No drilling required.

Place the armrest against the soap holder wall (the large wall) and install the backrest so that it is facing the taps.



Adjust the height of the legs so that when seated:

- your knees form a right angle (90°);
- your hips form a right angle (90°);
- your feet are placed flat on the floor.

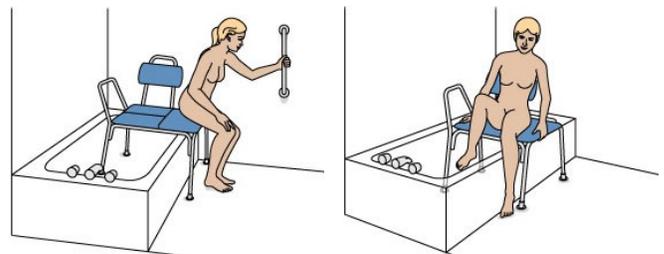
Precaution

Before use, ensure that both legs in the bathtub and both legs outside of the bathtub are stable. It is possible that the outside legs will need to be adjusted higher or lower than those in the bathtub.

How to use it

To enter the bathtub

- Sit on the bench.
- Turn your body toward the taps and put each leg into the bathtub.
- Use the built-in armrest to slide to the middle of the bench.
- Close the shower curtain all the way so that water from the bench runs to the bathtub floor. This works best with a curtain made of flexible material.



Images taken from <http://www.asstsas.qc.ca>

To exit the bathtub

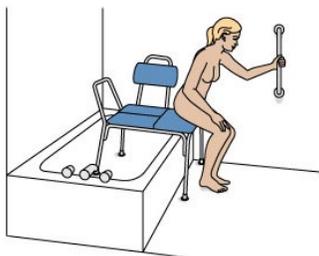
- Slide your buttocks to the edge of the bathtub.
- Turn your body and move legs out of bathtub.
- If necessary, use a grab bar to help you get up.

For your safety, you may also need to use:

A wall grab bar to help you get up

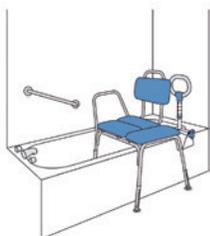
It is possible that you will need to add a wall grab bar, but this is not always necessary.

- To get up from the transfer bench: a 45 cm (18 in.) vertical wall grab bar at the bathtub entrance. Install the bar approximately 60 cm (2 ft.) from the tub so that you must bend as you get up. The middle of the bar should be at your waist level when standing.



Images taken from <http://www.asstsas.qc.ca>

- Choose a non-slip (textured chrome) bar and firmly secure it into the wall stud. Ask a carpenter to install it, if necessary.
- This bar can be replaced by a bath safety rail (clamp-on bar on the edge of the bathtub) secured behind the transfer bench. It is important to ensure that the bar is secure before each use.



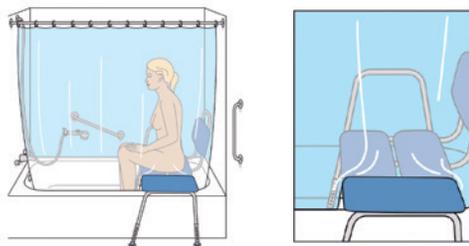
Non-slip mats: to prevent falling

- Use a rubber mat with suction cups in the bathtub.
- Ensure that the mat outside of the bathtub is anti-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!