



THE RAISED TOILET SEAT

CAUTION

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

Why use a raised toilet seat?

Raising the height of the seat decreases the effort needed to get up from the toilet. You can use the raised toilet seat alone or combined with adjustable toilet armrests. Toilet seats with integrated safety rails are also available.

Who is it for?

A raised toilet seat is recommended if you have difficulty controlling your descent while sitting down or for getting up from the toilet.

Which one should you choose?

Choose the seat based on your height and the height of your toilet. Once installed, the seat should be at your knee level. Generally:

- a person measuring less than 1.57 m (5 ft. 2 in.) will use the 5 cm model (2 in.);
- a person measuring between 1.57 m and 1.78 m (5 ft. 2 in. and 5 ft. 10 in.) will use a 10 cm raised seat (4 in.);
- more rarely, a much taller person will use a 15 cm seat (6 in.).

How to install a raised seat

Some seat models may not be suitable for your toilet (e.g. an elongated toilet). Measure (or sketch) your toilet if its shape is not standard.

Follow the manufacturer's instructions to install the seat. This usually entails placing the seat properly onto the toilet and turning the screw to stabilize it. The original toilet seat must sometimes be removed for better adjustment.

Precautions

Check that it is securely in place before each use.

For your security

If you have difficulty getting up, you may need a seat with integrated safety rails, a wall grab bar or removable grab bars for the toilet.

How to get up

- Bring your feet toward the toilet.
- Lean your body forward.
- Push on the safety rails to straighten up. You must put equal weight on both sides to avoid tipping the seat.
- If the seat has no armrests, place your hands on your lap and push to straighten up.



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

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!