



## THE BATHTUB STOOL AND SEAT

### CAUTION

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

### Why use a bathtub stool or seat?

To take a shower in the seated position in order to prevent fatigue and falling.

### Who is it for?

You must have enough stability and support on one leg while standing to step into the bathtub.

### Precautions

Follow the manufacturer's instructions.

Before use, ensure that all four legs of the seat are firmly placed on the bathtub floor.

### How to choose

Choose the seat (with backrest) rather than the stool if you are prone to fatigue, dizziness or losing your balance.



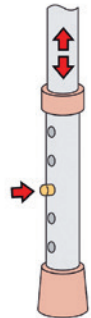
Photos taken from <http://www.amgmedical.com>

### How to adjust it

Consult the manufacturer's instructions to adjust the height of the legs.

When seated on the seat:

- your hips should form a right angle (90 degrees);
- your knees should form a right angle (90 degrees);
- your feet should be placed flat on the floor.



### How to use it

Use a sturdy grab bar to step into the bathtub.

- Wash yourself in a seated position, using a hand-held shower head.
- If necessary, use a bar to help you stand up to wash your buttocks.

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

#### Wall grab bars (strongly recommended)

- To help you step into the bathtub, install a 45 cm (18 in.) wall bar at the bathtub entrance, on the tap wall. The middle of the bar should be at your waist level when standing.
- To help you get up, install a 60 cm (24 in.) bar at a 30-degree angle. When seated on the chair, the bottom of the bar should be at your elbow level.

- Choose non-slip (textured chrome) bars and firmly secure them into the wall studs. Ask a carpenter to install them, if necessary.

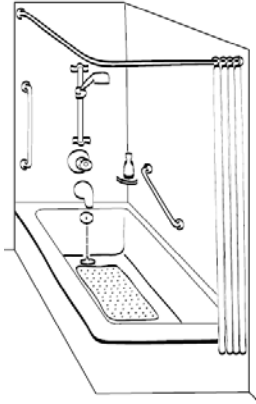


Image taken from <http://www.asstsas.qc.ca>

### 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!