

A WALL GRAB BAR FOR HYGIENE ON THE BATHTUB FLOOR - THE HANDS AND KNEES METHOD

CAUTION

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

Why use a wall grab bar?

A grab bar gives you the stability to step into the bathtub and can help you get up from the bottom of the bathtub.

Note that taking a shower in the seated position is much safer than taking a bath.

Who is it for?

To step over the bathtub while standing, you must have good balance and good support on one leg.

To take a bath in the tub, you must also be able to get up from ground level.

Precautions

Getting out of a warm bath and standing up may cause dizziness. For your safety, take time to rest before moving. Be careful, the grab bar may be slippery when wet.

How to choose a bar

Choose a 60 cm (24 in.) anti-slip (textured chrome) bar.

How to install it

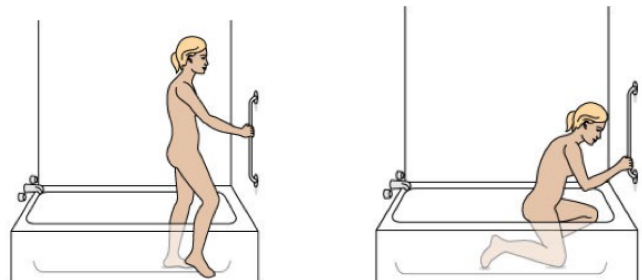
Install the vertical bar at the bathtub entrance, on the wall facing the taps. The middle of the bar should be at your waist level when standing.

Caution! Wall grab bars must be screwed into the wall studs. Follow the manufacturer's instructions for this.

For increased safety, have it installed by an experienced person, such as a contractor or a carpenter.

How to use the "hands and knees" method

- Hold the bar while stepping into the bath.
- Lower yourself onto your hands and knees.
- Turn around to sit.



* If the tub wall is not large enough to lean on, add a crossbar on the back wall.

For your safety, you will also need:

Non-slip mat 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.



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!