



A WALL GRAB BAR FOR HYGIENE ON THE BATHTUB FLOOR - TRADITIONAL METHOD

CAUTION

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

Why use wall grab bars?

Grab bars give you stability to step into the bathtub and provide support to 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 are they 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 bars

- A 45 cm (18 in.) anti-slip (textured chrome) bar.
- A 60 cm (24 in.) anti-slip (textured chrome) bar.

How to install them

Install the 45 cm (18 in.) vertical bar at the bathtub entrance, on the tap wall. The middle of the bar should be at your waist level when standing.

Install the 60 cm (24 in.) angled bar at a 30-degree angle on the soap holder wall (the large wall). The

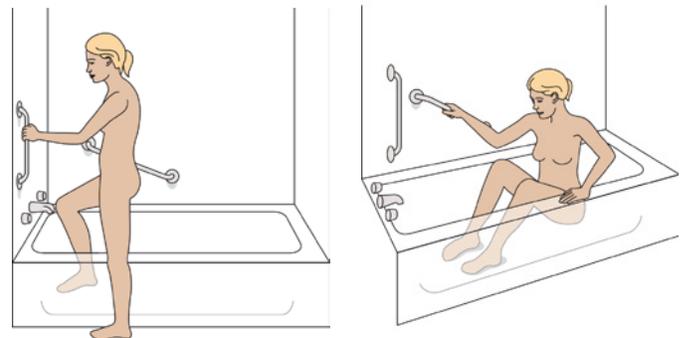
bottom of the bar should be between 15 and 30 cm (6 to 12 in.) above the edge of the bathtub.

Caution! Wall grab bars must be screwed into the wall studs (exercise caution with fiberglass bathtubs). 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 them

- Use the vertical grab bar while stepping into the bathtub.
- Use the angled bar to get up from the bottom of the bathtub.



For your safety, you will also need:

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.



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!