



A WALL GRAB BAR TO HELP YOU GET UP FROM THE TOILET

CAUTION

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

Why use a wall grab bar?

A wall grab bar can provide you with sturdy support to help you get up from the toilet.

Who is it for?

- If you have some difficulty getting up from the toilet.
- If you are having great difficulty, you may need to add a raised toilet seat.

How to choose a bar

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

Where to install the bar

Install the bar at a 30-degree angle on the wall beside the toilet. When seated on the toilet, the bottom of the bar should be at your elbow level. Install the bar so that the bottom of it is in line with the edge of the toilet.

Precautions

The grab bar 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 bar

While seated on the toilet:

- grasp the bar;
- lean your upper body forward;
- push on the bar to lift your buttocks;
- straighten your body.

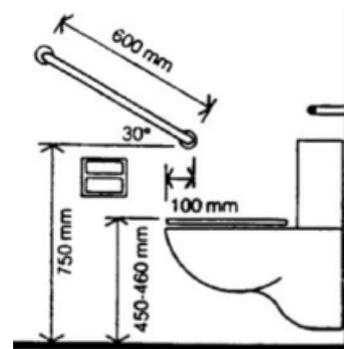


Image taken from <http://www.asstsas.qc.ca>

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!