

Lesson 1: Introduction

- People need to use toilet and shower chairs because they have difficulty going to the toilet or washing themselves due to environment barriers or limitations in their physical abilities.
- **Toilet chairs** can be placed over any type of toilet to help people use the toilet more easily. In some situations, a toilet chair can be placed in another (private) place with a removable bucket. The bucket can be emptied into the toilet after use.
- **Shower chairs and stools** allow people to sit down while washing themselves.
- **Combined toilet and shower chairs** can be convenient for a person who needs a chair for going to the toilet and for washing themselves.

Features for all toilet and shower chairs	Additional features that can be helpful
<ul style="list-style-type: none"> ✓ Be strong and durable ✓ Be rust and water resistant ✓ Smooth finish to prevent injury ✓ Have rubber stoppers on legs (if they have legs, not wheels) ✓ Have brakes (if they have wheels, not legs) ✓ Be height adjustable ✓ Be specified to carry the weight of the user. 	<ul style="list-style-type: none"> ✓ Backrest and armrests for people with difficulty sitting or standing up and down ✓ Castor wheels if the chair needs to be moved ✓ Padded seats, armrest and back for people at risk of developing a pressure wound ✓ Swing away, height adjustable footrests if a person will sit on the toilet or shower chair while it is moved.

Lesson 2: Select

- Assessment helps you to discuss with the person:
 - Why they are having difficulty going to the toilet or washing themselves
 - Whether a toilet chair or shower chair could help
 - Where and how the person will use their toilet or shower chair
 - Which features of a toilet or shower chair are important for that person.
- You may also identify the need for other assistive products or a referral to other health or rehabilitation providers.
- Warning! If anyone reports pain when they empty or try to empty their bladder or bowels, or has a pressure wound, they should be referred immediately to a health professional.

Lesson 3: Fit

- Always check that a toilet or shower chair has the right weight limit for the person
- Adjust the height of a toilet or shower chair to suit where it will be used and how the person will get on and off it. **Once the height is adjusted, check the chair sits level on the floor.**
- Discuss the location the person will use their toilet or shower chair. Make sure it:
 - ✓ Is private
 - ✓ Is easy to get to and move about in
 - ✓ Has enough lighting
 - ✓ Has easy to access hand washing facilities.

Lesson 4: Use

Give advice on how to safely use and look after the product. This includes:

- **How the person will get on and off the toilet and/or shower chair (transfer):** People may transfer by themselves or with assistance. Remember it is important to:
 - ✓ Lock brakes before starting a transfer
 - ✓ Ensure enough space for the person and any assistants to move around safely
 - ✓ Dry a wet floor and/or use non-slip mats to avoid slipping.
- **How to use a toilet chair successfully:** Some people have difficulty getting to the toilet in time, causing leakage. Discuss different ways that may help such as:
 - ✓ Make sure the toilet is close and easy to get to
 - ✓ Improve mobility with the right mobility assistive products
 - ✓ Get assistance from family members and carers to get to the toilet in time.
 - ✓ Choose clothes that are easy to get on and off
 - ✓ If a person gets confused about where the toilet is, put a sign on the toilet door
 - ✓ Use the toilet after drinking and eating and/or set a timer to go at regular intervals
 - ✓ For successful bowel movements, allow enough relaxed time on the toilet
 - ✓ Use absorbent cloths as a back-up.
- Cleaning and looking after the toilet/shower chair:
 - ✓ Empty and clean a toilet chair bucket after each use
 - ✓ Wash toilet and shower chairs with mild soap and water – start with the legs and finish with the seat
 - ✓ Store toilet and shower chairs inside – never outside in the rain
 - ✓ Check regularly for signs of damage or loose parts
 - ✓ Warning! Replace if there are cracks or rust in the frame.

Lesson 5: Follow-up

During follow up, check that:

- The shower or toilet chair is meeting the person's needs, is in good repair, and safe to use.
- The person is using the toilet or shower chair successfully. If not, some adjustment to the product, the location, or how they are using it may be needed.
- Always refer to a health care professional if there are any concerns.