

Bathroom Aids

How to Choose a Bath Aid



There are countless assisted living bathing products available, but which one is the best for you and your unique needs?

Choose the right product for you:

Think about your or your loved one's **mobility and balance** and where it is specifically that you or they struggle to enter the bath or shower-over-bath:

- a. Is the edge of the bath simply too high to step over or lift your legs over?
- b. Is it difficult to step over the edge of the bath without losing balance?
- c. Is the bathtub too deep for you to safely lower yourself down into and back up from?

Safety:

a. **Weight rating**

A weight rating is the maximum load or weight a device can hold. Consider your or your loved one's weight requirements and find a device that suits.

b. **Slip resistance**

For security against slips ensure the bath device has:

- i. A slip resistant seat
- ii. If it has legs, slip resistant feet

c. **Australian Standards**

Always ensure the aid you're considering meets its relevant Australian Standard as this ensures it has been independently tested to meet strict safety criteria

Comfort:

What supports do you or your loved one require to feel comfortable and secure while bathing or showering in your shower-over-bath?

- a. Arm rests
- b. Back rests

Size:

Measure your bath to ensure your chosen device will fit, consider the shape and lip size of your bath and, if required, the bath's height.

Is a support person required?

If so, ensure there is enough space with the device in place for the support person to easily move around and offer help as required.

Occupational Therapist:

Your or your loved one's occupational therapist will be able to provide specific advice tailored to your unique circumstances.

Always check with your occupational therapist as to the suitability of a bath aid.



You're now well on your way to finding the right **bath aid**.