

Bathroom Aids

How to Choose a Shower Aid



Find the right shower chair for you and your unique needs considering these key criteria:

Safety:

a. Weight Rating

A weight rating is the maximum load or weight a chair can hold.

b. Slip Resistant Feet

Slip resistant feet provide stability and security, a necessity for shower chairs.

c. Australian Standards

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

Comfort:

Because the joy of a nice warm shower shouldn't be lost just because a shower chair is required.

a. Adjustability

A chair that is too low can be difficult to get down to and back up from, while a chair too high doesn't allow for full foot contact on the floor. **Check the chairs minimum and maximum height settings and ensure it meets your needs.**

b. Supports

Arm rests and back rests are important as they increase the user's comfort and sense of security

Size:

a. Measure the space available in your shower and ensure the chair can comfortably fit.

b. Will a support person be required?

Ensure there is enough space around the shower chair for the support person to easily assist.

Portability:

In family homes often more than one person uses the same shower, so the chair needs to be easy to lift and move. A light and easy to move shower chair is also easier to clean and maintain.

a. Look for chairs made from lightweight materials such as aluminium.

b. Check the weight of the chair to see if you can easily lift and move it.

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 shower chair.



You're now well on your way to finding the right **shower chair**.