

## Bathroom Aids

# How to Choose a Toilet Aid



Find the right toilet aid using this quick reference guide

### Which aid is right for me or my loved one?

- Is your toilet too low?
- Is assistance needed **getting up** from the toilet?
- Is assistance needed **getting down** to the toilet?
- Do you or they find it **difficult to get to** the toilet?

### Safety

As with any assisted living device safety is paramount, so consider the following when searching for a toilet aid:

- Australian Standards**  
Does it meet Australian Standards?
- Weight Rating**  
Check that the device can cater to the user's weight by looking for the product's max weight rating or max loaded weight.
- Non-slip Feet**  
For toilet frames ensure the feet are non-slip for security and stability.
- Secure Fit**  
Ensure devices that are installed onto your toilet have a secure locking system and fit your toilet well.

### Comfort

Comfort is king so ensure the device is easy and comfortable to use by considering the following:

- If it has a seat, is it contoured?
- If it has handrails, are they easy to grip and in a comfortable position for the user's needs?
- If it is a toilet frame, is it height adjustable?
- Is it easy to clean?

### Size

Think about the space available around your toilet and whether a support person will also be required, ensure the device allows enough space for easy manoeuvrability.

Look at a product's size and installation method and ensure it will work with the shape and size of your toilet.

### Occupational Therapist:

Your Occupational Therapist knows and understands your unique requirements and will be able to advise what aid is best suited to you and your home.

Always seek advice from your Occupational Therapist prior to use.



Now you're ready to start looking at the **different devices available**.