



Getting in and out of the bath

To get into the bath you firstly need to get over the edge, then down into the bath. Many people have difficulty with one or both of these steps. There is equipment that may help. Contact ILC Tas on 1300 885 886 to speak with an occupational therapist about which options may suit your needs. A combination of options may be needed to get the right solution for you.

Getting over the edge of the bath

Grab rails

Grab rails are usually attached to the wall above the edge of the bath. Make sure grab rails comply with Australian Standards and are installed properly. There are also grab rails that attach to the floor or clamp onto the side of the bath.

Consider the positioning of the rail, how secure the rail is and whether it gets in the way of your legs if you use a bath board.

Bath boards

Bath boards help you to get over the edge of the bath and give you a seat to sit on when showering. They sit on the edges of the bath. Adjustable parts under the bath board wedge against the inside of the bath to hold the board steady.

To use the bath board; sit on the bath board and swing your legs over the edge of the bath. To wash, you can either sit on the board, stand, or lower yourself into the bath water.

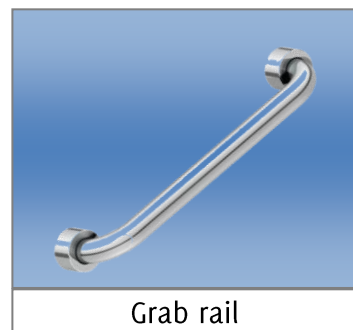
Bath boards are not suitable for corner baths, baths with uneven sides or baths that do not have a lip on both sides of the bath. However, other options may be available.

Swivel bather

This is similar to a bath board but has a seat that swivels. You may consider this if you need a backrest, have difficulty swiveling or need armrests to get up and down from the seat. You can also get 'spacers' that make the seat higher. A higher seat may make it easier to stand up.

Bath bench

Some baths are not suitable to use a bath board or swivel bather. Another alternative is a bath bench which has four legs. Two legs go in the bath and two legs sit outside the bath. Some have a sliding seat and/or backrest. To use the bath bench, sit on one end. Then slide yourself across, lifting your legs as you go.



Grab rail



Bath board



Swivel Bather



Bath Bench

Getting down into the bath

Bath seats

Bath seats are low seats that sit within the bath. This gives you a seat that is higher than the bottom of the bath. This may make standing up easier. You can stay seated on the seat to bathe. You may need to put more water in the bath.



Bath seat

Electric bath lifts

Electric bath lifts electrically lower you into the bath. To use, make the seat level with the top of the bath. Sit on it and swing your legs into the bath. Then use the hand control to electrically lower yourself into the bath. Some bath lifts also recline. When you finish, use the bath lift to raise you level with the top of the bath. Swing your legs out of the bath and then stand.

Bath lifts are powered by a battery and need to be recharged between uses.



Electric bath lift

Fixed bath lifts

These are usually mounted to the floor outside the bath. They have a chair that swings on a pole. The seat is either manually or electrically lowered into the bath. You may need someone to help you use a fixed bath lift.



Fixed bath lift

Hoists

You cannot use a mobile hoist (with a base) unless you can get the legs of the hoist under the bath (ie. the bath is raised). However a ceiling hoist may be used over the bath. You need someone to operate a hoist, you cannot use them on your own. If you need this type of assistance, contact ILC Tas or your occupational therapist.

Other things that may help

ILC Tas has many other items on display that may help. For example:

- Long handled aids to help you wash and dry your feet.
- Flood detectors and plugs that open if the bath over fills.

Home modifications

If using the bath becomes too difficult, consider replacing it with a step-less shower. ILC Tas has a step-less shower on display. ILC Tas can also provide ideas and suggestions for modifying your bathroom.

For more help

This is not a full list of things that may help. For more information about options that may help you, contact ILC Tas.

- Ring 1300 885 886 to speak to a health professional.
- Visit our website www.ilctas.asn.au or email ilc@ilctas.asn.au.
- Make an appointment to visit the centre at 275 Wellington Street, South Launceston.
- ILC Tas visits communities around Tasmania. Contact us to find out when we will be in your area.



Ceiling hoist

ILC Tas is a not for profit organisation and does not sell equipment.

Supported by the Crown through the Department of Health and Human Services and the Australian Government Department of Health. Although funding for this service has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government.