

# Getting in and out of the bath

**Some people find it challenging getting in and out of a bath. Here are some options that may help manage your risk of falls and enjoy a soak. There are also other options available.**

## 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 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. 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.



## 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/Transfer bench

Some baths are not suitable to use a bath board or swivel bather. Another alternative is a bath/transfer 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/transfer bench, sit on one end. Then slide yourself across, lifting your legs as you go.



# 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.



## Electric bath lifts

There are different kinds of electric bath lifts available to help lower you into the bath. They are powered by a battery which can be recharged in between use.

To use, make the seat level with the top of the bath. Sit on it and swing your legs into the bath. Use the hand control to electrically lower yourself into the bath. Some bath lifts come with an adjustable backrest to 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.



## Fixed bath lifts

These bath lifts are designed to have a grabrail attached to the wall on one side, and a stationary unit to the floor outside bath on the other side. This design is suitable for those who can sit for their bath without needing back support. This is also easier to clean the bathtub after bathing.

## Bathing cushions

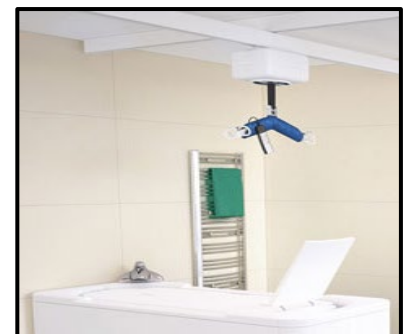
These stacking cushions are inflatable with a handset connected with a compressor. Before use, make sure the suction cups are firmly attached to prevent slipping.

Prior to bathing, inflate the cushions fully until its level with top of the bath. Once seated, you can deflate the cushions to gently to lower yourself into the water. You can inflate the cushions again when ready to get out of the bath. This is a portable and lightweight option, suitable for renters and holiday-makers.



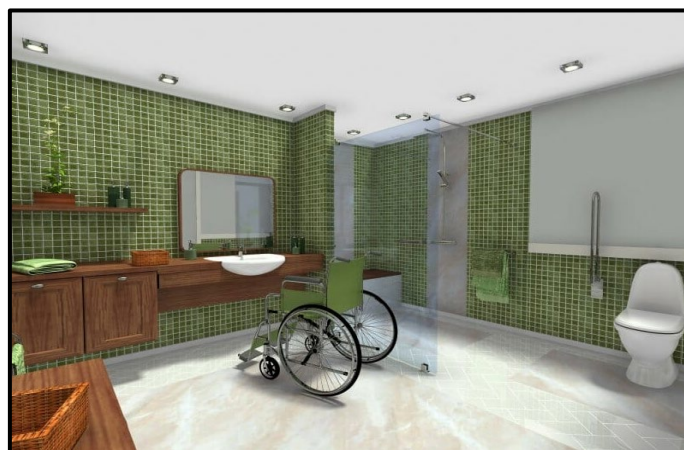
## Hoists

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.



# Home modifications

If using the bath becomes too difficult, consider replacing the bath with a stepless shower. ILCT can provide ideas and suggestions for modifying your bathroom.



# More information

For further information, or advice, about any item contained in this information sheet, please contact Independent Living Centre Tasmania Inc.(ILCT):

- Call 1300 452 827 to speak to a health professional.
- Visit our website [www.ilct.com.au](http://www.ilct.com.au) or email [info@ilct.com.au](mailto:info@ilct.com.au).
- ILCT visits communities around Tasmania. Contact ILCT to find out when we will be in your area.

ILCT provides Occupational Therapy, Physiotherapy, Speech Pathology, and Allied Health Assistant services, on a fee-for-service basis. Our team delivers comprehensive assessments and support that may include assistive technology, home modifications, communication aids, and other tailored interventions to enhance independence and quality of life.

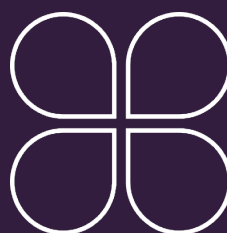
ILCT specifically provides supports to those aged over 18, who are Tasmanian residents and are of any culturally-diverse background. ILCT are a registered provider under the National Disability Insurance Scheme (NDIS).

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