



Getting In and Out of The Bath

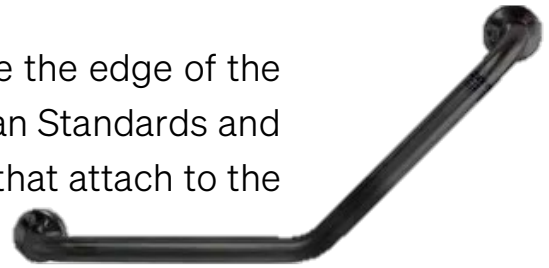
Some people find it challenging getting in and out of a bath. Here are some options that may help manage your risk of falls and enjoy a soak.



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.

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 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.

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.



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.



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.



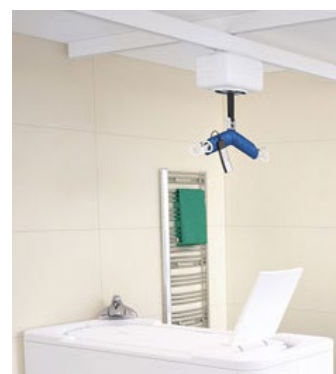
Electric bath lifts

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.



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.



More Information

For advice about continence management, contact the Statewide Continence Service on 1300 723 143, or the National Continence Helpline on 1800 33 00 66.

For advice about assistive technology and equipment, contact ILCT.

- o Ring 1300 885 886 to speak to a health professional.**
- o Visit our website www.ilct.com.au or email ilc@ilct.com.au.**
- o Make an appointment to visit one of the displays centers:
Launceston, Hobart, or Ulverstone.**
- o ILCT visits communities around Tasmania. Contact us to
find out when we will be in your area.**

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