

# Showering

**If you have difficulty showering, specific equipment and techniques can help. You may need to try a combination of options to find the best solution for your needs.**

## Helpful tips

### Reduce bending

- You can use soap on a rope so that you do not need to bend to pick up the soap. Alternatively, you can put soap in a stocking which you tie around your tap or to a grab rail. Some people prefer to use liquid soap with a pump.
- If you have difficulty bending to wash your feet, sit on a shower chair or stool and rub your feet against a face-washer on the bottom of the shower. To wash between your toes, use a toe washer.
- To make your own toe washer, take a ruler (making sure there are no sharp edges or splinters) and wrap some dishcloth around the end. Secure the dishcloth with a rubber band. To dry your feet, replace the dishcloth with a dry one.
- If you have difficulty bending to dry your legs, wrap a towel around a pick-up reacher.
- To dry your back, try putting on a terry toweling dressing gown.

### Most showering equipment:

- Make some steps of the task easier, and/or
- Give you something to hold onto when standing up and sitting down.

### Things to consider:

- Your individual needs
- Your body (including your height and weight)
- Your shower- some option may work better than others with your shower
- Cleaning the shower and equipment- some equipment is easier to clean than others
- Other people using the shower- other members of the household, children, visitors, etc.
- Is there an alternate shower in the house for visitors or other members of the household?

- If other users and visitors to the house need to use your shower, can you easily remove the aids?
- Children and shorter people may have difficulty sitting on a raised seat.

It is important to consider your personal safety as well as your independence when issues arise with toilet access and transfers. If you have any concerns in this area, an Occupational Therapist may be able to assist.

## Equipment

### Shower Seat

Shower stools enable you to sit down when showering. These can assist if you experience unsteadiness or fatigue while showering.

Shower chairs with a backrest are also available. Most shower chairs and stools have height adjustable legs. Armrests on the shower stool or chair can help you get up and down more easily.



### Shower Commode

Mobile commodes are seats with wheels that can be used for showering where a stepless shower base is present. You can either push yourself or be pushed by someone else. They can also be used as an over toilet frame.



### Taps

Tap turners are lever aids that can help you turn taps on and off. There are many styles of taps so it is important to make sure that the tap turner suits the style of tap you have.



### Slip-resistant flooring

To make the floor of your shower less slippery you can use slip resistant adhesive strips or a mat. Any mat in a wet area should be used with caution. Slip resistant paint and other applications can make the floor less slippery. Consider the floor outside the shower as this can also get slippery.



## Long handled aids

Long handled aids enable you to reach different body parts without compromising strength, balance or range of motion. Some aids are curved, to reach your back, some have longer bristles, to wash your hair, while some have thin washers. to get in between your toes.



Lotion applicator



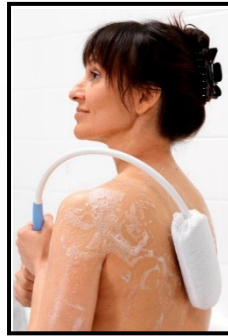
Pick-up Reacher



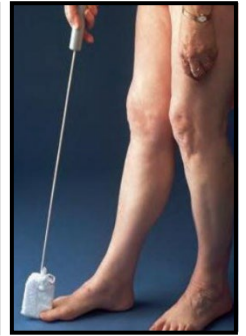
Hair Washer



Feet Scrubber



Back washer



Toe wiper

## Home Modifications

### Grab rails

Grab rails provide a fixed structure for you to hold for stability and support. Ensure that grab rails comply with Australian Standards and are properly installed by a qualified tradesman who will make sure that the rails are correctly attached and safe to use. Do not use towel rails or suction rails as grab rails as they are not designed to take your weight.

### Taps

You can replace your taps with lever taps or a mixer tap.

Replacing the tap spindles with ceramic spindles can often make them easier to operate. There are devices that can regulate the water temperature or cut the water off if it gets too hot. Speak to a plumber about this as they are not suitable for all home plumbing.

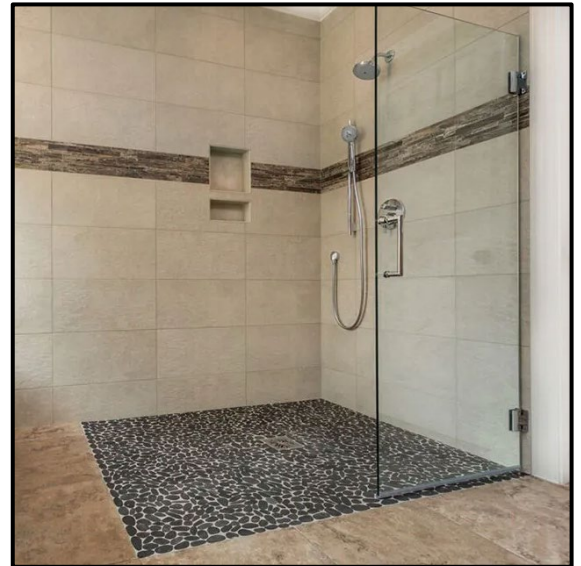


## Handheld shower hose

A handheld shower hose can help you direct the water to hard to reach places and can be easier to use than fixed shower outlets, if you sit to shower. Handheld showers make it much easier to rinse down shower walls and floors, helping maintain hygiene. A handheld shower can be installed on a grab rail. This means that you can slide the shower head up and down and, if necessary, you can grasp the rail. Make sure the grab rail is designed to take your weight.

## Stepless shower

A shower bay without a step is ideal for people with mobility challenges. It reduces risk of tripping, making it safer for everyone. The design has fewer edges and corners, meaning less grime buildup and easier to clean. Some walk-in showers are designed to eliminate the need for bulky enclosures, or doors, improving use of space.



# 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).

Independent Living Centre Tas Inc. (ILCT) acknowledges the generous support of the Tasmanian Government – Department of Health through the Home and Community Care (HACC) Program, and the Australian Government – Department of Health and Aged Care through the My Aged Care – Commonwealth Home Support Programme (CHSP). Their ongoing contributions enable the continued provision of these information sheets and our information services.

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