



Showering

If you have difficulty showering, equipment and using particular showering techniques can be helpful. A combination of options may be needed to help you to find the right solution for you.



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Launceston, Hobart, Ulverstone

Equipment



Shower seat

Shower stools enable you to sit down when showering. These can help if you are unsteady or get tired whilst 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 fits 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.

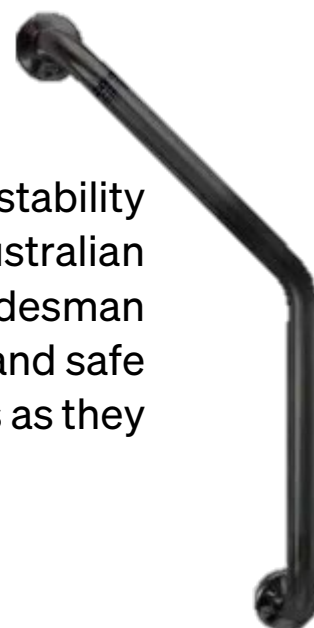


Long handled aids

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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 can allow you to direct the water away from you if the water suddenly turns hot or cold. 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 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.

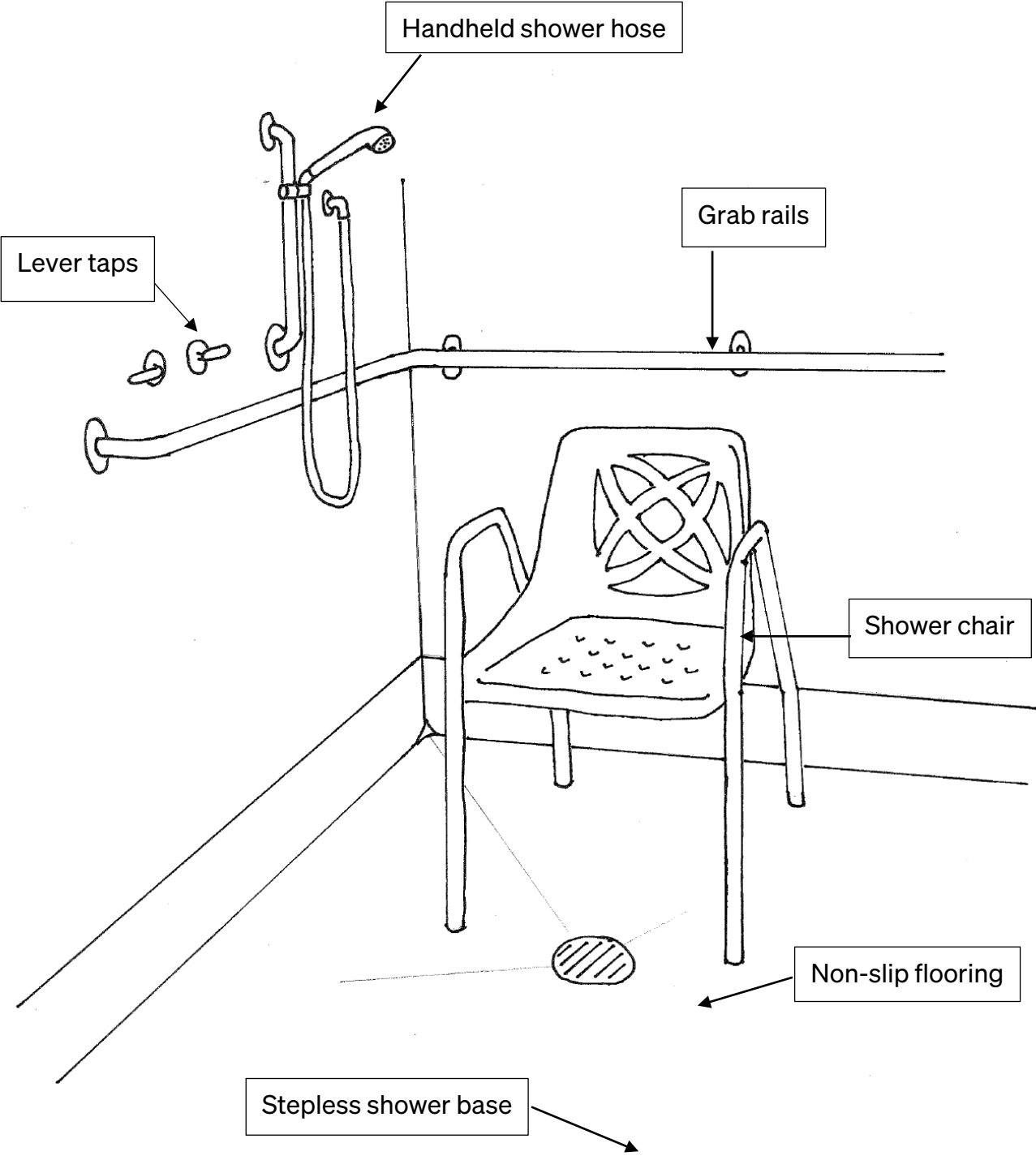
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Things to consider

- Your needs
- Your body (including your height and weight)
- Your shower - some options 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 member of the household, children, visitors, etc.
 - Alternate showers in the home for visitors or other members of the household
 - Ease of removing showering aids for other users in the home
 - 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 showering access and transfers.

Features to make showering easier



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 wrist or to a grab rail. Some people prefer to use liquid soap with a pump.

To wash hard to reach places such as your back, legs and feet, you can use a long-handled sponge.

Sit on a shower chair or stool and rub your feet against a face-washer on the bottom of the shower, if you have difficulty bending to wash your feet. 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

Drying yourself

If you have difficulty bending to dry your legs, wrap a towel around a long handled reacher.

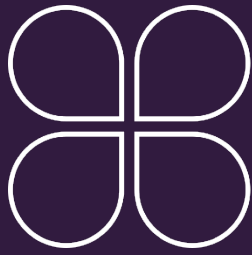
To dry your back, try putting on a terry toweling dressing gown.

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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.



Independent Living Centre Tasmania

275 Wellington Street,
South Launceston,
Tasmania 7249

337 Argyle Street,
North Hobart,
Tasmania 7000

Cradle Coast Health Centre,
11 Alexander Road,
Ulverstone, Tasmania 7315

Contact us:
P 1300 885 886
E info@ilct.com.au
W ilct.com.au