

“...I care for my husband and around our home the biggest risk area for falls is definitely in the bathroom, with slippery tiles and hard surfaces. We just have to take extra care by ensuring a non-slip mat is used and our tiles are coated with a non-slip finish...”

SHOWER, BATH AND TOILET TRANSFERS

Transfer from wheelchair to shower chair

Transfer from wheelchair to toilet

Bathing someone using a bath board





SHOWER, BATH AND TOILET TRANSFERS

SAFETY TIPS

Safety Tips

- Remember to bend your knees and not your back when assisting the person to put their legs into or out of the bath.
- Do not use the towel rail, door knob, toilet paper dispenser, or soap holder as a grab rail—they are not designed to carry a person's body weight.
- Use a non-slip mat in the bath and shower.
- Ensure the bathroom and toilet floors are non-slip and textured.
- Rails in bath, shower and toilet increase safety.
- Consider leaving the hallway and toilet lights on at night if night toileting is needed.

TRANSFER FROM WHEELCHAIR TO SHOWER CHAIR



Position the wheelchair so the distance of the transfer is minimal. Ensure the wheelchair brakes are on and any footplates are taken off or swung away.

BRAKES ARE ON



Assist to standing. Note the position of the carer's feet i.e. one foot pointed in the direction of the transfer. Do not let the person grab you around the neck. A transfer sling (or transfer strap) can also be used in this transfer.

Once standing, use your weight to balance the person. Your knees should remain slightly bent with your feet apart and maintain good back posture. Get as close to the person as possible.

NON-SLIP MAT



During this transfer the person being assisted needs to use their own upper and lower body strength to help.

If the person cannot use their lower limbs, a hoist should be used.

Note: The carer in this example is too far away from the person.



Ensure the person bends forward when sitting down to avoid 'flopping back' in the chair.

You can move the chair closer if needed before guiding the person into the sitting position.

If the person you are caring for has insufficient upper body and leg strength to assist with this transfer, you will require a mechanical lifter or hoist.

TOILET FRAMES AND AIDS

A toilet rail or over-toilet frame can be installed to assist with transfers on and off the toilet. There are different types of frames available. Two are pictured here.



Hygiene care after toileting can be completed in the standing position (supported by a handrail).

SHOWER, BATH AND TOILET TRANSFERS



A mobile shower/commode chair can be used in the shower or over the toilet. A variety of models are available. Consult your health provider for advice regarding this equipment.

TRANSFER TO BATH



To get into the bath

To avoid having to step over the edge of the bathtub, sit the person down on the bath board first.

Bring their legs into the bath, one at a time.

The person may have to hold onto a rail on the wall or the rail attached to the board.

Do not allow the person to stand up in the bath.

Side wall mounted taps, a hand held shower hose, and soap on a rope all eliminate the need for bending or reaching too far forward when in the bath.





To get out of the bath

Reverse the procedure for getting into the bath. Ask the person to bring their legs out first by pivoting on their bottom, then move legs out of the bath, one at a time. Do not allow the person to stand up in the bath.

You may need to assist by helping the person to lift their legs one at a time out of the bath.

Most falls occur when a person is getting out of the bath.



If you are on your own

To get into the bath, a person can use a bath board or bath seat independently. Seek advice from your health provider on this range of equipment.

A towel can be used to assist the person to lift their legs into the bath.

BATHING SOMEONE USING A SLIDING BATH BOARD



A sliding bath board is another option for bathing.

Sliding bath boards eliminate the need to turn when entering the bath.

HEIGHT ADJUSTABLE BLOCKS
WITH NON-SLIP RUBBER SOLE



Use the frame to slide the person above the bath.

You may need to assist in lifting the person's legs over the side of the bath one at a time.