

Practitioner Manual for Bathing and Toileting



**A manual for SWEP registered
and credentialed practitioners**

Developed by the SWEP Clinical Advisory Team



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- [The Bidet Shop](#)
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- [Doability](#)

Images in this manual have been used to demonstrate the range and breadth of features available within this AT category. However, images provided should not be considered an endorsement of a particular product, nor should they be considered an exhaustive list of all products or features available. As a practitioner you need to use due diligence to ensure that the item and supplier you recommend is best suited to your consumer, their wishes and needs. SWEP will not be held liable for any mismatch of consumer and AT interface that has resulted from the use of images or information in this manual.

Background

This manual has been developed for assistive technology (AT) practitioners who are registered and credentialed with the State-wide Equipment Program (SWEP). It aims to support and enhance the ability of practitioners to assess, consider and recommend bathing and toileting items for consumers.

The State-wide Equipment Program (SWEP) Clinical Advisors have developed this resource manual to:

- Provide useful information for practitioners
- Give links to evidence-based practices
- Recommend assessments to assist with identifying successful bathing and toileting solutions
- Outline potential risks to consider related to the consumer, support people and the environment
- Describe relevant items and provide links to a range of product types and options

Guidelines and application process

SWEP offers eligible practitioners a registration and credentialing process, whereby credentialing levels are assigned for specific areas of practice according to The Standard. For full details on all available credentialing pathways please refer to relevant standard and information found below.

The Standards: <https://swep.bhs.org.au/the-standard.php>

Process for registration and credentialing: <https://swep.bhs.org.au/registration-and-credentialing.php>

SWEP also provides an online application portal to collect and manage requests for AT items. This is integrated with the registration and credentialing framework to match AT Practitioner level with consumer and item complexity and establish urgency of consumer need.

Please refer to the funding body for which your consumer is eligible to determine the relevant guidelines for what types of AT items will be considered for funding, and whether or not the SWEP portal should be used to submit an application.

<https://swep.bhs.org.au/programs-services.php>

If you are a registered SWEPP practitioner you can access the portal to update your details, apply for credentialing or submit applications as appropriate here:

<https://swep.service-now.com/csm>

Definitions

Bathing and toileting in the context of this manual is defined by the ability of the consumer (child or adult) to access a bath, shower, basin or toilet safely and comfortably using fixed or removable assistive technology (equipment or items).

Product range and features (summary)

Shower

- Shower stool
- Shower chair
- Shower seat
- Mobile shower commode – transit/self-propelled/tilt in space
- Customisations or accessories for postural support, accessibility, support person ease of use, or to fit the bathroom/environment
- Shower trolley
- Shower base inserts/portable shower bases
- Shower accessories

Toilet

- Bedside commode
- Over toilet frame
- Toilet surround
- Toilet attached rails/platforms
- Toilet seat extension (raiser)
- Bidets
- Urinals
- Over toilet commode – transit/self-propelled/tilt in space
- Customisations or accessories for postural support, accessibility, support person ease of use, or to fit the bathroom/environment



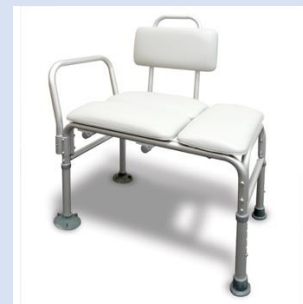
Bath

Outside the bath (supported on or spanning bath rim)

- Bath board
- Swivel bather
- Transfer bench

Within the bath

- Bath hoist (also refer transfer equipment manual)
- Bath frames
- Portable bath
- Walk in bath
- Bathing accessories



Home modifications that assist with bathing and toileting (also refer home modifications manual)

- Adapted basins
- Modified or accessible tap wear
- Thermostats
- Wall rails

Further details about a range of bathing and toileting assistive technology including image, definition and functional implications are attached as a separate document. Please refer Appendix 1.

Assessments and considerations

The following assessments and resources can be used as part of evaluating the consumer's needs and abilities, environment, supports, transfer skills and safe use of AT items to identify the most suitable bathing or toileting solutions.

1. Home assessment

A thorough assessment of the home environment is essential when recommending all bathing and toileting equipment. A home visit is considered best practice in order to ensure relevant details have been identified and considered:

- The home assessment must be conducted with the person and all appropriate support person/s present if possible. If all parties cannot be present, the practitioner needs to be confident that all perspectives and impacting details have been considered

- A trial of potential and/or recommended item/s should be conducted in the bathing or toileting environment where the equipment will be used. If this is not possible a trial of similar equipment is recommended, with thorough clinical reasoning to determine any issues that may arise from the different model. The practitioner must ensure safe use of the item prior to making an AT recommendation
- A practical demonstration in the use of the AT item/s is recommended to ensure the consumer and the support person/s demonstrate their understanding of and ability to use the item safely. The practitioner also needs to consider whether or not additional follow up/demonstration is needed once the item is actually funded and provided to the person for ongoing use
- Any photos or information required to document and provide the consumer and/or support person with a care plan should be collected. The practitioner needs to ensure that the consumer has access to information
 - recommended techniques for using the item/s safely and effectively
 - routines for use of the item within daily activities
 - care and maintenance of the recommended items
 - red flags that the item is no longer meeting the person's needs and what to do about it
 - contact details for maintenance, repairs or follow up when required.

Factors that need to be assessed and considered during the home assessment:

Crucial measurements:

- Toilet height and type of external piping for toilet (S bend or P bend) to ensure clearance for toileting aids
- Door widths and shower access space, including any body parts that may extend beyond the width of the AT item/s
- Angles of flooring to ensure bathing or toileting aids are stable or can be adjusted to level
- Bath rim depth to ensure items can safely rest.
- The compatibility of AT items within the home - for example:
 - space for bedside commode in the bedroom
 - circulation space for the mobile shower commode in the bathroom
 - ensure the commode or toileting aperture lines up with the toilet aperture (noting any changes that might need to be made to commode aperture to match physical presentation of the person)
 - height of surfaces that the consumer needs to move between (i.e. wheelchair, bed, toilet/shower aid and what transfer equipment may be required to assist (i.e. slide board, hoist)

- Flooring in the home, including the actual floor coverings and the condition of the flooring, to ensure that items can be moved easily without trip or manual handling hazards
- Appropriate storage of the item/s when not in use – how this might impact other users of the space, accessibility of the item for daily routines or longer term maintenance and care of the item/s

2. Physical MAT assessment

While physical MAT assessments are more commonly associated with wheelchair recommendation, it is crucial that the practitioner can measure and apply some basic consumer measurements to ensure the recommended bathing or toileting AT item will meet the person's physical needs.

Missing or incorrectly assessing a consumer's physical presentation can negatively impact on comfort, posture, pressure care, function and success of the AT solution. If possible, the assessment should be completed with the consumer NOT sitting in an existing AT item as the equipment may influence the outcome of the assessment.

Measurements that must be considered are:

- Consumer weight including any anticipated weight changes – the relevant load capacity of the bathing or toileting equipment must be known by the practitioner. It is suggested to allow for 10 extra kgs above the consumer's weight. This considers small weight fluctuations as well as the 'drop down' impact to sitting that sometimes occurs
- Hip width, including hip rotation or wind-sweeping that may influence the required seat width of the AT item. If a seat width is too wide, then a lateral pelvic lean may occur causing a pelvic obliquity
- Back of buttocks to behind knee to determine seat depth required in the AT item. Allow for approximately 2 cms gap behind the back of knee and edge of seat. This prevents any pressure against the sensitive popliteal area
- Shoulder and/or head height to determine backrest height or headrest positioning requirements, including shoulder blade height if the person is self-propelling an AT item.
- Any changes to spinal alignment can impact on postural supports
- Thigh to trunk angle and functional range of movement to determine backrest to seat angle. This angle is also known as 'rake' and when the seat is sloped down towards backrest it may assist in maintaining a seated position. If the functional thigh to trunk angle is greater than the backrest to seat angle provided, then the person may slip forward or lean to the side of the wheelchair to give their body the increased space that is more comfortable

- Thigh to lower leg angle and functional range of movement to determine positioning of footplates or safety of feet during transfers and AT item use
- Lower leg to foot angle and functional range of movement to determine footplate angle
- For toileting aids – required location of the aperture in the AT item, noting that this might need to be customized to the side, front or rear based on the person's anatomy

Resources to assist development of thorough MAT assessment skills

A Clinical Application Guide to Standardized Wheelchair Seating Measures of the Body and Seating Support Surfaces:

NCART (National Centre For Assistive and Rehab Technology, USA) - A Clinical Application Guide to Standardized Wheelchair Seating Measures of the Body and Seating Support Surfaces:

https://www.ncart.us/uploads/userfiles/files/documents/GuidetoSeatingMeasure_sRevisedEdition_November2013-compressed.pdf

NSW Department of Health Spinal Seating Professional Development Program – Module 3: Hands On

<https://www.aci.health.nsw.gov.au/networks/spinal-cord-injury/spinal-seating/module-3>

NSW Department of Health Spinal Seating Professional Development Program – Module 4: Body Measurements [<https://www.aci.health.nsw.gov.au/networks/spinal-cord-injury/spinal-seating/module>]

<https://www.aci.health.nsw.gov.au/networks/spinal-cord-injury/spinal-seating/module-4>

NSW Department of Health Spinal Seating Professional Development Program – Module 8: Pressure Management

<https://www.aci.health.nsw.gov.au/networks/spinal-cord-injury/spinal-seating/module-8>

CP Tech – How to measure a postural seating insert

<http://cptech.com.au/wp-content/uploads/1CP-Tech-Product-Catalogue-High-Res.pdf>

Sometimes for bathing and toileting items a practitioner may determine that an item which doesn't match the consumers physical presentation perfectly will be appropriate for the AT solution. Things to consider in making this decision:

- How long the item is used for each sitting and over the course of the day (consider implications for comfort, pressure care and function)
- Transfers and whether the consumer can still easily move to and from the item
- Long term wellbeing and posture, and the impact of being in a less desirable or supported position for periods of time
- Cost implications of customising or purchasing a less common item, versus the impacts on the consumer
- Whether or not the person is likely to maintain good function using the AT item over time

3. Pressure area risk assessment

While bathing and toileting items may not be used for long periods of the day (such as wheelchairs or beds) pressure care risks need to be thoroughly assessed and considered.

A pressure injury occurs when skin integrity is compromised by soft tissue being compressed between bony prominences and external surfaces. Friction, shear, tissue ischemia and poor blood flow can also contribute to pressure injury. These pressure issues are important to consider whether the consumer is in a seated or lying position and regular inspection of any vulnerable areas is vital.

When assessing a consumer's everyday hygiene routines, it can be easy to underestimate how long a person is actually spending sitting on or in their toileting and bathing items. A true indication of the time is useful to determine what pressure relieving strategies should be implemented to protect skin integrity.

In the seated position, the weight of the head and trunk is supported by the buttocks via the ischial tuberosities (bony prominences). If the person is sitting reclined, or with hips in posterior tilt, the coccyx and sacrum can be vulnerable to pressure areas. Pressure injury can also arise on the arms due to pressure from armrests especially if they are an incorrect height. The skin on the outer thigh can be compromised if the leg is digging into an armrest support or other lateral postural support. Lower legs, feet and ankles can also be prone to injury due to pressure from footplates or poorly positioned calf supports.

In a lying position the pressure is distributed over a larger area, however more bony prominences can be at risk of developing pressure areas. The head, shoulder blades, elbows, pelvis and heels are pushing down onto the flat surface. Regular repositioning or additional pressure relieving measures may need to be considered if risk of pressure injury is high.

Shear can be present during transfers when buttocks, legs or arms are moved across surfaces. Modified transfer techniques or gel surfaces have been shown to be useful against shear. Friction can also occur when a bony prominence rubs against a flat surface (i.e. heels on a bed sheet). The Braden scale and Waterlow scale below consider other factors that can impact on pressure areas. These need to be assessed and considered:

- Nutrition
- Decreased mobility
- Sensory perception
- Temperature and humidity
- Moisture
- Incontinence

The following assessments support practitioners to consider the range of factors that impact on pressure injury risk:

- Braden Scale
<http://www.bradenscale.com/images/bradenscale.pdf>
- Waterlow scale
<http://www.judy-waterlow.co.uk/index.htm>

If the consumer presents with a history of pressure injury or medium to high pressure risk, consider:

- Surfaces of the bathing/toileting item and whether they are likely to contribute to direct pressure, shear or friction
- Dimensions of the AT item to ensure that pressure is not unnecessarily placed on skin or tissue – either from being too tight a fit or being too large resulting in postural changes such as hip obliquity and lean
- Edges of supports such as armrests or leg rests to assess pressure risk
- Other AT items that the person uses and how they are addressing pressure care – consider the accumulative impact over a 24-hour period as well as the direct impact of a single item
- Adding a pressure care style seat or additional padding to reduce the likelihood of pressure injury – always noting the environment the AT item will be used in and ensuring that continence and water do not negatively impact on the quality or longevity of any padding added

Pressure ulcers are painful for the consumer and can be difficult to treat so prevention is key. The consumer and/or support person/s need to know how to regularly check for and note any reddened areas on the buttocks and any other at-risk areas. If relevant, this could be included in the provided care plan.

4. Cognitive Assessment

A consumer's cognition may impact their safe use of a bathing or toileting item, or their need to have support to use the item. Even if the consumer is identified as having a cognitive challenge, they should still be actively engaged in the assessment and decision-making process.

Formal and informal assessments can be used to determine the consumers' cognitive skills and support needs, including:

- Standardised Mini Mental State Examination (SMMSE)
- Organisation specific cognitive assessments

If it is felt that a support is needed due to behaviour of concern or perceived non-compliance with bathing/toileting tasks, please ensure you are abiding by the guidelines and legislation around restraint and seclusion. You will also need to be aware of the differences between postural supports and restraints, and able to determine what it is that you are recommending as part of the AT item. AT items, or any of their components, should not be used for restraint or seclusion without appropriate authorization.

5. Transfer assessment

The consumer's ability to get on and off the AT item needs to be considered alongside the suitability of the item once the person is in it. Things to consider:

- The person's ability to transfer onto the bathing or toileting equipment safely and with ease and comfort
- The person's ability to weight bear
- The persons health being at risk by using the bathing or toileting equipment- this includes anxiety and skin integrity
- The ease for which postural supports can be fitted and removed during the bathing or toileting activity, or for transfers

6. *Diagnosis considerations*

While a diagnosis does not define the extent of a person's abilities or challenges, a diagnosis can point to future prognosis, expected care requirements or anticipated changes in AT item needs. This can help inform decisions such as:

- Whether an AT item should have growth or postural support customisations available
- Whether hire or reissue items are a viable option to address the need
- The need for fast response changes to AT items and any AT features that can assist with this

7. *Functional assessment*

Functional assessments can be used to determine a consumer's skill level and where support is required. This support may be provided through assistive technology. It is important to determine the consumer's goal for the AT item and ensure that this is achieved, whether that be to increase or maintain independence, or increase the ease of performing a task by a support person.

- Functional Independence Measure (FIM)
<https://meteor.aihw.gov.au/content/index.phtml/itemId/495857>
- Barthel Index Scale
<https://www.mdcalc.com/barthel-index-activities-daily-living-adl>

8. *Support person considerations*

If a support person/s is required for the consumer to use or maintain the bathing or toileting item, consider:

- The capabilities of the support person including
- The physical and cognitive abilities, and willingness, of the available person/s to use the item
- Any factors in the social or organisational environment that may impact successful use of the item
- Awareness of the consumer's abilities (i.e. weight bearing capability) and how the support they offer demonstrates understanding of these capabilities
- Understanding of health and safety risks to themselves and the consumer as relevant

9. Important equipment features to consider and demonstrate

- How to fold, unfold and secure safely
- The technique of tightening/untightening the toilet raiser onto the toilet pan
- How to use a gas-assisted tilt on i.e. a shower commode chair
- A tilt-in-space over toilet commode must not be tilted if the commode pan has been used and not emptied
- How the bath board brackets tighten onto both sides of the bath.
- How to lock and unlock castors using your foot i.e. on a transit commode (push down to lock, flip up with toe to unlock)
- How to operate the brake lever or foot control to lock/unlock rear brakes (i.e. the self-propel wheels on a commode)
- How to release armrest on commodes to allow them to swing back for side transfer and lock for use.
- How to release armrests on commodes to allow them to swing back for side transfer and lock for use

Contract/tender details



After a rigorous and robust evaluation process, SWEP has contracted suppliers for a wide range of Assistive Technology. This has ensured that items selected meet the relevant Australian Standards, address the specifications required by a wide range of consumers and have been secured at the best value for money.

SWEP have a Contracted Item catalogue on our website, which contains all items listed by category, with a product brochure link, specification and relevant information.

You can access the catalogue here: <https://swep.bhs.org.au/picklists-catalogue.php>

Summary of evidence

Manual handling legislation and codes of practice

- Transferring people for toileting and bathing - www.worksafe.vic.gov.au
- Occupational Health and Safety Act (2004)-Victoria - www.worksafe.vic.gov.au
- Occupational Health and Safety Regulations (2017) These specify the ways duties impose by the Act must be performed - www.worksafe.vic.gov.au


Standards

- AS/NZS 4069-2013 Bath boards and Seats-Product requirements
- AS3588-1996 Shower bases and shower modules
- AS/NZS3662:2013 Amd:2017 Performance of showers for bathing
- AS/NZS3973-2009 Shower/toilet chairs (mobile and static)
- AS1371:2016 Toilet Seats and Fittings
- AS 1428.1-2009 Design for access and mobility-general requirements for access-new building work
- AS1428.1 2009 (Amendment 1-2010)
- AS1172.3-2019 Sanitary plumbing products, personal hygiene fixtures and appliances-Bidets and bidets

Relevant Articles

- Prescribe, review and train use of shower seating equipment (Qld)
<https://www.health.qld.gov.au>
- Assess showering and provide basic/bridging intervention (Qld)
<https://www.health.qld.gov.au>

Appendix 1: Product range and features

Assistive Technology	Information	Functional Implications
TOILETING or SHOWERING		
	<p>Mobile shower commode - self propelled</p> <p>For users who need to be wheeled over a toilet pan for voiding or to be seated in the shower</p>	<ul style="list-style-type: none"> • Can be used over the toilet and/or for supporting someone in sitting for showering • Some padded seats can have the opening positioned at the front, side or back for hygiene access • Some shower commode models can be folded and dismantled for storage or transport • Footplates come in various options including swing away and single platform/push back to allow different positioning for different leg range of movement or transfer needs • Commode pan rack guides are under seat • The strap style backrest can allow for some accommodation of postural changes in the trunk or sinking into the seating • Different armrest options are available including padded, non-padded, height adjustable, or with handles that can rotate in for transfer assistance or feelings of safety • Swing away armrests assist side transfers • Push handles can vary in style which may impact on ease of manoeuvring, circulation space, or possible entrapment of transfer aids



Mobile shower commode – transit

The transit (or attendant propelled) shower commode has four smaller lockable castors

The occupant is pushed by an attendant

- Shower commodes for the bariatric and paediatric population are also available
- The bariatric model has a wider seat and reinforced frame – note that sometimes bariatric options may also have great seat depth which isn't always appropriate for the leg length of people meeting bariatric criteria
- The paediatric model has a smaller frame but other features are similar to the standard model
- Customised backrests, seats and postural supports can be added to some styles of commode
- Different models and brands will allow for varying amounts of off the shelf or custom-made customisations (refer below)

Self-propel only

- The large rear wheels allow the occupant to propel themselves into position, which increases sense of control and independence; the larger rear wheels can sometimes be easier for support people to push the commode over bumps or rougher surfaces
- Two lockable castors are at the front, with brakes on the large wheels at the back

Transit only

- Some models have all four castors locking, while others only have two locking castors which may not be as secure during transfers



Mobile shower commode with tilt in space (TIS)

For consumers who need to be wheeled over a toilet pan for voiding or to be seated in the shower

Tilt in space allows the consumer to be tilted back while sitting in the commode

The backrest may be higher to provide a headrest, or a separate headrest provided

- Tilt in space can be useful
 - for consumers who have reduced sitting balance, or neck and head strength – acts as a postural support
 - to assist with transfers in and out of the commode – can ensure the person's bottom is well back in the seat and eliminates the need to pull the person back using the hoist/sling or manual handling
- The footrests may have a calf supports or a calf strap to support the legs when the commode is tilted back
- The large majority of tilt in space commodes are transit style with two or four lockable castors
- There are some very limited options (off the shelf but usually custom) for self-propel, however there are challenges such as position of the self-propel wheels with changing tilt angle and ability of the consumer to operate the tilt themselves
- Commode pan rack guides are under the seat
- Some models are height adjustable via a hand held controller
- Electric controlled tilt functions can also be available
- Different tilt mechanisms can be easier or more difficult for support people to operate due to ergonomics of the level and assistance provided by the actuator (note that tilt in space may be significantly easier to operate with the person in the commode, which can prove a challenge if the commode needs to be adjusted prior to a transfer)



- Different tilt mechanisms can offer a smoother or rougher ride for the consumer, which may impact on startle reflexes, pain or positioning
- Backrests can be contoured to assist with lateral trunk support
- A variety of seats with different openings, shapes and padding are available (off the shelf and custom).

Please note that ramped style seats with raised pommel at the front is to assist positioning and abduction/adduction of the thighs, but is not intended as a postural support for the groin to prevent slipping forward

- Tilt in Space shower commodes for the bariatric and paediatric population are available in different sized and/or reinforced frames as required
- Recline may also be included in the seat and can allow for gravity to assist with supporting the trunk.

Ensure that support people understand the difference between tilt and recline, when each should be used and how to operate each feature. Also consider how recline may impact the position of postural supports such as side or lateral supports (these supports will functionally rise in height relative to the backrest as the seat is reclined due to the location of the tilt mechanism rarely correlating with the position of the hip joint).



Off the shelf commode accessories

Some shower commode models have options for

- Positioning belt for hips, chest or legs can assist the consumer to maintain a functional posture during toileting or showering
- Add on lateral supports
- Moulded headrests attached to the frame or frame extensions that act as a headrest to assist with fatigue or postural support of the head and neck
- Tie on padded seat/backrest may be useful for comfort
- Commode pan allows the commode to be used for toileting without placing it over the toilet
- Stump supports in lieu of a footrest for consumers who have amputation
- Anti-tip bars and/or security arm (across front of occupant) can be added for safety or sense of security
- Single leg extensions can be fitted for reduced knee flexion or broken leg in a cast
- Elevating leg rests to accommodate reduced range of movement in the legs or assistance with tasks such as dressing
- Brake lever extensions can be added on rear wheel drive shower chairs for occupant with reduced hip flexion and/or arm extension



Commode customisation

Sometimes accessories or off the shelf customisations are not adequate to support the postural or functional needs of a consumer or support people.

Complex modifications and custom-made additions or changes to commodes are possible and sometimes necessary.

- Customisation is the action of modifying assistive technology to suit a particular individual and need.
- A MAT (Mechanical Assessment Tool) assessment of the consumer prior to customising shower/commode chairs is essential to look at Range of Motion (ROM), joint flexibility, muscle length and skeletal alignment, tone and spasm
- Customised backrest and seating shapes are decided following the MAT assessment.
- Suppliers have various capacity and approaches to customise their products - research your local areas to find a supplier that best fits the needs of your consumer

SHOWERING



Shower stool

For users who require a seat to shower

Height adjustable legs with additional adjustments on one leg to compensate for an uneven floor

- Very strong sitting balance is required for a shower stool
- Higher armrests may assist to push up to stand
- Splayed legs with rubber ferrules on each end assist with stability
- Seat can be padded or plastic
- If the seat is padded ensure the joins are seamless to reduce risk of pressure on skin
- Bariatric model is available with a reinforced steel frame and fixed height frame for strength
- Some models do offer a backrest as an option



Shower chair

For users who require a seat to shower

Backrest provides extra support for reduced sitting balance

Plastic seat and backrest have holes to assist with water drainage

Height adjustable legs with multiple adjustments in one leg to compensate for an uneven floor

- Higher armrests may assist push up to stand
- Splayed legs with rubber ferrules on each end assist with stability
- Shower chairs for the bariatric population are available with a wider seat and reinforced fixed frame
- Some models have cut outs in the seat to assist with access for personal hygiene
- Check that the cut-out areas in backrest are not pressing too hard on skin. This could cause redness and pressure issues
- There is an option for a swivel shower chair to assist with transfers or moving over a shower lip (a lever under the seat is used to release and lock the swivel seat, consumer uses their own feet to move the seat around)



Wall mounted fold up shower seat/bench within the shower

A wall mounted fold up shower seat allows for other family members to use the shower

It must be attached to the studs in the wall cavity

- Seats can be slatted (for water drainage) or smooth (for skin integrity)
- The smooth surface may assist with some side transfers in larger open plan shower spaces
- Some models can have drop down legs that support the seat when in use
- May be used in conjunction with rails to offer additional support for balance or transfers



Shower trolley

The consumer is showered in a lying position

A drain hole in the corner of the padded platform allows water to flow away (so unit must be positioned within a level access shower/bathroom)

Castors are locked during showering
Directional castors can be locked to ensure the unit is easily pushed in one direction
Push bars at each end assist maneuverability
Different functions come with a range of power options

- Height adjustment is usually available via a hand control – adjustment allows for good manual handling height for washing and transfers
- Sides can be lifted to contain water or drop sides lowered for transfers
- Some models offer tilting of the padded platform to prevent pooling and assist drainage
- Some models have a waterproof pillow for comfort
- Castors may be locked via a central locking system (rather than locking each individually)



Shower base insert

Inserts sit on the base of the shower to raise the floor level of a standard shower to the height of the shower lip or hob and therefore may assist in access to the shower

They are slip resistant

- Shower base inserts can be custom made to fit the shower base
- Can have drainage holes to reduce water pooling
- It can be used in conjunction with a threshold ramp to allow access in a shower commode (if doors to shower open wide enough)
- Please also refer to the Home Modifications manual



Portable shower base

Made from vinyl covered foam

Can be rolled up and stored for transportation

- It can be placed over an existing drain hole or a hose connected to its corner connector that leads to a drainage point
- Soft foam sides allow for a wheeled commode to be pushed over and into centre



Shower accessories

Soap on a rope

Shower sandal

Handrails

Hand held shower

- Soap on a rope hangs from the taps to prevent the soap dropping to the floor, reducing the need to bend or the risk of falls
- Shower sandal with suction cups to grip to floor - soles of feet can be cleaned in a standing position



- Handrails must be attached to a wall stud or noggin and can be mounted in a variety of configurations within the shower for standing support. Please refer to the Home Modifications manual
- Rails can have handheld shower head attached to it for showering while seated
- Handheld shower improves control over the direction of the water, and may allow the consumer to direct the water themselves (compared to overhead shower rose)

TOILETING



Bedside commode

For consumers with reduced mobility who cannot make the distance to the bathroom

Toilet pan is under the padded seat and a material surround can hide the commode pan from view

Commode pan has a handle and lid that can be lifted out of commode chair to be emptied

Looks like a chair when not in use

- Check area around the bedroom to ensure the commode can be as close to the consumers bed as possible
- Check it is height adjustable to enable similar transfer heights from bed to commode
- Bedside commodes for the bariatric population are available with a wider seat and reinforced frame



Over toilet frame

Commode seat can be padded or plastic

Height adjustable legs with multiple adjustments in one leg to compensate for an uneven floor

Some models can be folded for storage/travel

- For users who require a higher seated position when using a toilet
- May assist users with hip or knee joint issues (arthritis, hip replacement)
- Higher armrests may assist to push up to stand
- A splash guard is positioned under the seat of the over toilet frame and funnels into the toilet pan
- Splayed legs with rubber ferrules on each end assist with stability
- Over toilet frames for the bariatric population are available with a wider seat and reinforced frame



Toilet surround

A removable frame that is placed around the toilet

- Provides armrests to push up to standing from toilet or to steady whilst lowering onto toilet
- Front cross frame must stay firmly up against the front of toilet pan, so armrests align with sides of pan



Toilet attached armrests

The toilet seat is removed, and armrests attached in same holes as toilet seat. Toilet seat is then replaced and secured

- To assist users to stand up from seated position on toilet and to lower down slowly
- Some models are height adjustable and can be used with a raised toilet seat
- Some armrests can be folded back to assist
- Paediatric versions are available, including wrap around versions that provide back support
- Can be used in conjunction with fold down steps
- Postural supports such as pelvic belts can be added
- Please also refer to Home Modifications Manual









Paediatric platform and rail surround

Height adjustable with a slip resistant surface

Allows a child to step up to sit on the toilet

- Armrests extend the full length of platform to assist balance in approach and turn around to sit on toilet
- Feet remain on platform to assist with correct sitting

	<p>Rails</p> <p>Various lengths, surfaces and configurations of handrail support around toilets are available</p> <p>Must be attached to studs or noggins within the wall cavity</p>	<ul style="list-style-type: none"> • May be used in conjunction with another bathing or toileting aid to form a complete AT solution • Australian Standard AS1428 .1 Design for Access and Mobility is a good guide/reference • Some handrails can be customised • Please also refer to Home Modifications Manual
	<p>Paediatric toilet support</p> <p>Contoured with high backrest in moulded foam</p> <p>Pommel protects urine splash and assists with abduction</p>	<ul style="list-style-type: none"> • This child seat support is attached directly to the toilet pan • Moulded plastic with a pommel for positioning of legs in the front • 4-point positioning harness is included for safety
	<p>Toilet Seat Raiser</p> <p>Available in a variety of heights to suit the user</p> <p>Can have a cut out in the front to assist access for personal care</p>	<ul style="list-style-type: none"> • Assists consumers with reduced hip flexion or hip movement when using the toilet • Different models have varying attachment styles – sometimes within the toilet pan or on the outside • Different attachments may prove easier or harder for support people to attach or remove as needed • Can have a cut out to the left or right front side for reduced hip flexion • Can have armrests for extra support for standing and lowering

	<p>Padded toilet seat</p> <p>Comprised of sealed foam on a wooden base</p>	<ul style="list-style-type: none"> • Replaces existing toilet seat • The seams are heat sealed and washable • May assist with skin integrity by providing a softer surface to sit on • Colour contrast of dark blue on white pan may assist consumers with vision impairment
	<p>Paediatric reducer ring</p> <p>Vinyl covered foam ring fits over the existing toilet seat</p> <p>Reduces aperture of toilet to fit children</p>	<ul style="list-style-type: none"> • Removable pommel assists abduction and protects from any urine splash back • Softer surface for skin integrity
	<p>Slide board for toilet with cut out</p> <p>Slide board with cut out areas to assist a side transfer onto a wheelchair from toilet</p> <p>Slip resistant rubber is underneath the board to keep it in place</p> <p>The cut out is placed in front of the wheelchair wheel</p>	<ul style="list-style-type: none"> • Aperture is oval so matches toilet pan shape • Slide board can stay in situ while toilet is used • Please refer to Transfer Equipment Manual for further information about slide boards



Bidets

Provides automatic flushing, warm water washing and warm air drying for the genital area

Most bidets will fit onto standard toilet pans

- They may assist users who do not have the manual dexterity to wipe themselves
- A handheld control means user can alter the cleansing regime to suit
- Temperature and pressure can be adjustable
- Mains electrical connection is required via a power point positioned near to the toilet
- A registered plumber and electrician are recommended for fitting
- Bidets are also available as a home modification that sit separate to the toilet
- Please refer to Home Modifications Manual



Portable collection/soaking unit

A portable container that sits into a standard toilet bowl

Can be easily lifted out and emptied into after use (i.e. toilet, sink)

Lightweight and easily cleaned

- It can be filled with warmed solution for soaking or cleansing the genital and anal areas
- Some models have a plug hole and plug to empty the container directly into the toilet
- Could also be used for collecting urine/faeces for a medical sample
- Is available in a free-standing model (most suited to soaking rather than collecting)
- Useful for post-surgery or childbirth
- Saltwater cleansing/bathing
- Plug hole in base of free-standing model allows used water to be collected in a bucket positioned underneath



Urinals (male)

Allows passing of urine without use of a toilet

- Handle allows for easier holding by the consumer or a support person
- Many models are reusable
- A cap may be provided to close the top of the urinal
- A flat base reduces risks of spillage
- Some models are collapsible and/or flexible to allow for easier transport and storage, and may include a leak proof snap lock style cap
- A female connector may be available for some male urinals
- The position, size and angle of male anatomy while in the seated position, as well as the amount of available space between the legs needs to be considered



Urinals (female)

Can allow a female to urinate from a seated position

The opening is contoured to allow it to be placed against the vulva to reduce the chance of leaks

Disposable 'one use' urinals are also available for male and female users

- Can be in plastic flat bottomed container (reusable) or portable urinal (reusable)
- The unit may come with the contoured opening, or this may be a connector added to a male urinal
- Extensions of flexible plastic are available in 10 cm or 20 cm lengths to assist with positioning
- The position and angle of female anatomy while in the seated position, as well as the amount of available space between the legs needs to be considered
- Disposable 'one use' urinals are made from hardened paper pulp



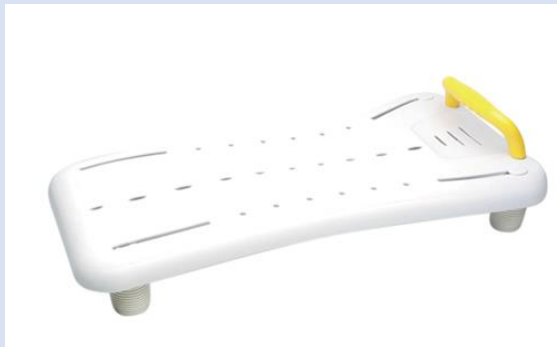
Bottom wiper

Soft head with aperture allows for toilet paper to be inserted and wrapped around

Wet wipes can be used

- Assists consumers who have limited range of movement or pain with wiping
- Extended handle has a button at the end to be depressed to release the toilet paper after use
- Can be folded and stored in a travel case for convenience

BATHING



Bath board

Bath board sits across the rim of the bath

Secured against the bath side with tightening brackets

Can be wooden or plastic

Can be slatted or smooth

- Consumer will require good sitting balance
- Consumer will need to be able to lift each leg over the rim of the bath
- A leg lifter may assist with this (see Bathing Accessories)
- Ensure the width of the bath rim is adequate for supporting the bath board safely
- Is available with a swivel seat to assist transfers and lifting legs over bath edge - lever under seat allows for a 360 degree turn with locking at 90-degree intervals



Transfer Bench

A transfer bench can span over a bath rim or over shower lip

It has height adjustable legs, which is necessary when the base of the bath or shower differs with the height of floor alongside it

Seat and backrest can be padded or plastic

- Consumer can sit on end of transfer bench and slide themselves across into shower or bath staying in a seated position
- Bench legs are splayed and have non slip ferrules on each end
- A rail that is positioned away from the consumer can be used to help the consumer pull themselves across bench and assist with the transfer



Bath Seat (static)

Bath seat sits on the base of the bath

A cut-out area in the front assists with cleaning the perineal area

- Can be used in conjunction with an across the rim bath board to allow a user to lower themselves down onto the seat to bathe rather than the base of the bath



Bath Hoist

Provide assistance to lower into the bath
Various types available including:

Air filled inflatable cushion seat – controlled by waterproof handheld control

- Need to consider sitting balance with movement – air cushion may ‘give’ more than flat surfaces and offer less postural support
- Lumbar backrest on inflatable models can offer support or lay flat if not needed
- Air filled cushion provides a softer surface that may assist users with pressure issues
- Air filled cushion may ‘give’ more than flat surface so trunk balance must also be considered



Fixed seat that lifts and lower by an actuator

Battery will require regular charging

- On some models, when the seat is raised to be level with the bath rim, the side flaps sit on the rim of the bath to assist with the side transfer
- Product may be used in conjunction with a wall rail
- The consumer still needs a way to get onto the bath hoist, which may involve lifting the legs over the side of the bath



Bath Frame

An adjustable and supportive bath seat that sits on the base of the bath

Could be used in a variety of other environments (beach)

Corners of frame covered with foam to assist with grip/stability and reduce the risk of bath base being scratched

- Often available in paediatric sizes, but adult versions also available
- Provides a semi reclined support in the bath, or backrest support for long sitting
- Harness assists with positioning and safety within the bath
- Some versions offer a degree of lateral support
- A contoured and/or padded headrest may be included for head support
- Does not assist with transfers in and out of the bath



Walk in Bath

A free-standing moulded bath

Side door can be positioned on the right or the left

The seat and backrest are padded

Door has a waterproof locking seal

- Reduces the need to lift legs over bath rim
- The occupant steps in and is seated while the bath fills/empty – consider the additional length of time this adds to the person sitting in the bath, including tolerance for temperature changes with bath filling/emptying
- Consider temperature in the room or a towel around shoulders while bath fills as the occupant waits naked during filling and emptying
- Weighted plug hole cover and fast fill taps



Bathing accessories

Long handled sponge

Long handled toe washer

Leg lifter (to assist lifting a lower limb into a bath)

Non slip bathmat

Automatic plugs



- The consumers ability and safety to use these accessories will need to be assessed in conjunction with any other equipment that may be used at the same time
- Automatic plugs prevent overflowing in baths or basins via a pressure activated system - as the bath or sink fills, the weight of the water triggers the internal sensor to lower within the plug to release water and maintain it at that level until the tap is turned off - it returns to normal shape once water is released

HOME MODIFICATIONS THAT ASSIST BATHING AND TOILETING

Please also refer to Home Modifications manual



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Lever tapware

Lever action taps are available in a variety of lengths and can be wall or bench mounted

Available in single tap mixers or two individual taps

- Single tap mixers may be easier for users with single upper limb use
- The longer handle length enables the user to use wrists or elbows to move the handle to start or stop water flow if manual dexterity is reduced
- Some taps include a ceramic quarter turn disc - this only requires a 90 degrees movement of the lever from no water flow to full flow
- Easy to understand cold/hot temperature indicators are essential – coloured indicators are often clearer than letters 'H' and 'C'



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Thermostatic Mixing Valves

(To be installed by a registered plumber)

Maintain pre-set temperatures even if the water pressure within the house changes when other appliances are used.

- Thermostats protect against scalding and thermal shock
- Important to consider for children and the elderly



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Sensor taps

A tap that will automatically flow once hands are placed in front of the sensors

Sensors are positioned at the base of the tap
The movement of the hands in front of the sensors will activate the water

- Water is at a pre-set temperature
- The water flows for a pre-set time and will stop automatically after that time or until the hands are moved away from the unit
- Helpful for users who have reduced manual dexterity to turn taps or move lever taps

Accessible Vanity Basins

Accessible basins allow for wheelchair access

- Some models have cut out handles that are integrated into the unit to assist user to pull closer and position themselves optimally
- Left and right sided options available
- Consider weight limits if the user is leaning on the vanity at any time
- Height adjustable accessible vanity basins are attached to a bracket that is securely mounted to the wall – these allow the basin to move in a vertical direction to suit the seated user
- Manual or power height adjustments are available – consider ease of use and need for multiple users