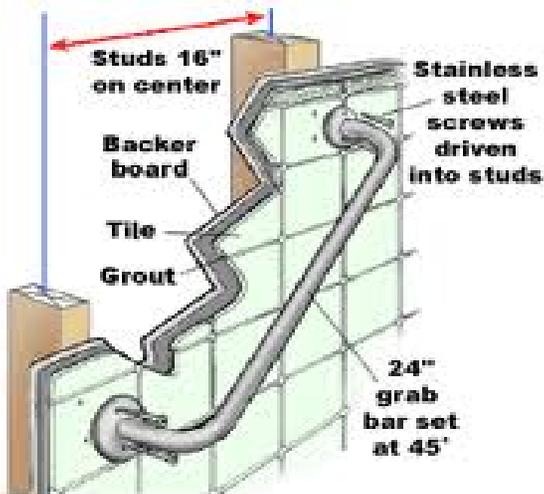


Grab bars

A grab bar can be used in bathtubs and shower stalls to reduce the risk of falling and injuring yourself when taking a bath or shower. It can be made of stainless steel, aluminum or plastic, and comes in a variety of shapes, sizes and colors.

Make the right choice!

- A minimum of 2 grab bars are most useful, one on the faucet wall and the other on the back wall.
- Always check the packaging for weight limitations, usually supports 250 lbs.
- The best diameter for a grab bar is 3-4.5 cm.
- Consider where your studs are located before deciding on what length to buy.
- The surface of the bar should have a rough finish to provide a good grip.



Bath/Shower seats

These seats are designed to assist people who have difficulty raising or lowering themselves in the tub, who have limited tolerance for standing in the shower and who may have difficulty lifting their legs over the side of the tub. They are most beneficial when used with a hand held shower head.

Choose the right seat!

1. **Shower chair:** Useful for people who have difficulty balancing and standing. You still have to be able to step over the side of the tub. Can come with or without a back rest.



2. **Transfer bench:** Useful for people who have difficulty balancing entering the tub. Sit on bench outside of tub, slide legs over the tub one at a time, then slide in the tub along the bench.



Safety tips for seats

- Adjust height for getting up and down.
- Ensure non slip rubber tips on legs.
- A seat with a backrest is best.
- Non slip seats are the safest
- Most seats only support up to 250 lbs.

This publication has been developed and approved by Central Health's Falls Steering Committee. November 2011

CH-POP 013



Assistive devices: What you need to know!

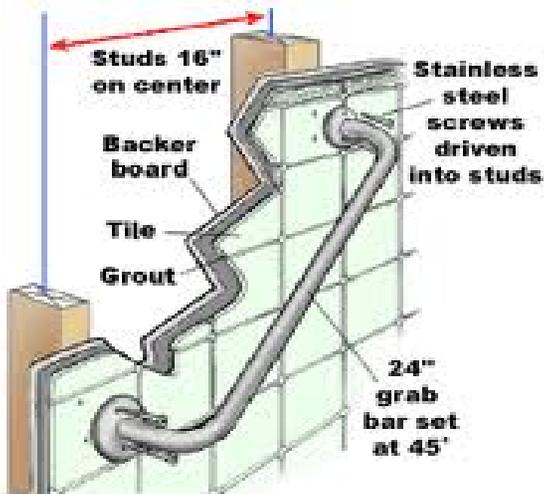


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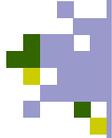
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Assistive devices: What you need to know!





Assistive Devices

What are assistive devices?

Assistive devices are tools to help people stay independent and safe, while doing the activities that you enjoy every day.

Examples of assistive devices:

- Toilet safety frames
- Bath mats
- Grab Bars
- Bath Seats

Where can you find assistive devices?

Purchase

-Local pharmacy, medical supply stores and department store

Loan/Rental

- Local pharmacy (Select stores)
- Red Cross

Funding availability

- Veterans Affairs Canada
- Health and Community Services: Special Assistance Program.

Toilet safety frames

These metal frames are installed around the toilet to provide assistance in sitting down and rising from the seat to prevent accidents in the bathroom like slipping or sliding. The arm rests are designed as supporters.

Tips for when purchasing toilet seat frames

- handles are adjustable
- know the weight limit
- be sure it fits properly and its sturdy



Raised toilet seats

Adds height to the toilet seat so it is easier to rise from or lower to the seat to reduce the risk of falling. Can be used with a toilet safety frame. Raised toilet seats can just sit on the top of the home toilet seat or be clamped on. Clamped seats are more sturdy and safer.



Remember raised toilet seats come in different heights and you need to choose a height that is appropriate for you to ensure your feet touch the floor.

Bath mats

Everyone can benefit from non slip mats on the inside and outside of bathtubs and shower stalls.

When choosing a bath mat for inside the tub or shower remember:

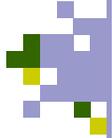
- to have a textured non slip surface on top sides
- suction cup backing that covers the entire surface of the mat underneath
- that it covers as much as possible of the inside surface of the tub or shower

When choosing a bath mat for outside the tub or shower remember:

- non slip latex, rubber backing



Remember when installing a non slip mat, place it on the wet surface of the tub and/or shower with suction cups facing down, press firmly to ensure they are anchored securely.



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