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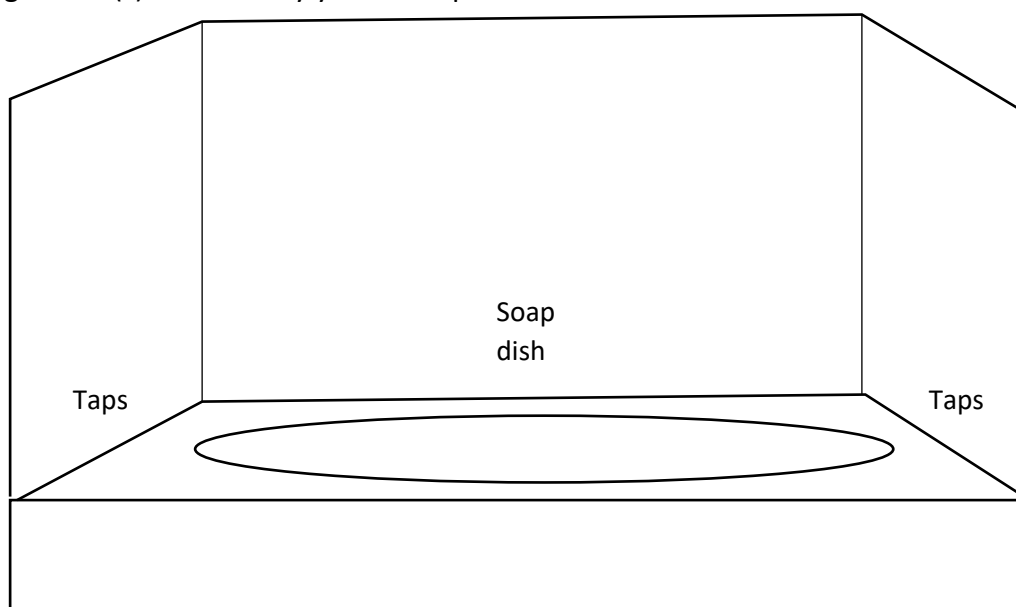


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TIPS FOR EQUIPMENT RECOMMENDED BY YOUR THERAPIST

GRAB BARS

Install the grab bar(s) as drawn by your therapist:



1. The screws must go into the studs in the wall so the grab bar is secure. Make sure the screws are long enough
2. If you are renting your home or apartment, get permission from your landlord before you install the grab bar(s) into the wall.
3. Use a masonry bit to drill holes into tile. If you push too hard the tiles might crack.
4. If you are using a grab bar that clamps onto the edge of your tub, always make sure it is tightened securely so it doesn't slip off. Some designs of clamp-on grab bars are not recommended for use with fibre-glass tubs (it could crack the tub). Talk to your therapist or equipment vendor to make sure you buy the right kind.
5. Most grab bars have a recommended weight capacity of 250 lbs.

BATH CHAIRS

There are 2 main kinds of bath chairs: BATH SEATS have all four legs sitting inside the tub and BATH TRANSFER BENCHES have two legs that sit outside.

All styles are used to make taking a bath/ shower safer and easier. Usually only BATH SEATS work with sliding shower doors and tubs with very high edges. BATH TRANSFER BENCHES allow you to get into the tub without having to step over the edge of the tub; they generally work well for people with decreased standing balance or for sliding transfers from wheelchairs.

A BATH BOARD sits across the edges of the tub. It is secured to the edges of the tub by rubber pads underneath the board. It works similar to a Bath Transfer Bench but is not height adjustable.

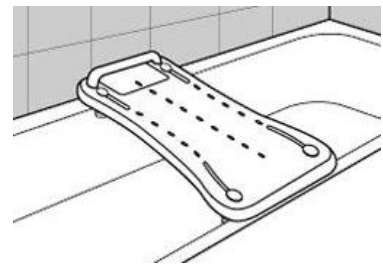
BATH SEAT



BATH TRANSFER BENCH



BATH BOARD



RAISED TOILET SEATS

Raised toilet seats make getting on and off the toilet safer and easier. They come in 2" to 6" heights. Make sure the raised toilet seat fits snugly on your toilet; some come with clamps to tighten them securely onto the toilet bowl. Some RAISED TOILET SEATS come with armrests.

RAISED TOILET SEAT



RAISED TOILET SEAT WITH ARMRESTS



TOILET SAFETY RAILS



You can also use TOILET SAFETY RAILS (can be used with or without a RAISED TOILET SEAT). These rails are attached to a metal frame that mounts to the toilet bowl using the screws that hold the toilet seat down.

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