

Carers Equipment Safety Card – The Over Toilet Frame

An over toilet frame is used to assist individuals who are having difficulty using a standard toilet. It raises the height of the toilet seat and offers armrests to make it easier to get off the toilet.



1. Placement of the over toilet frame:

First, adjust the height to suit the person who is using the frame. Your feet should be flat on the ground, with knees just above hip height. (Unless extra height is required following hip surgery).

Lift up the toilet seat and place the over toilet frame over your existing toilet. You may need to remove the existing toilet seat to allow the over toilet frame to be positioned as close to the toilet bowl as possible.

2. Safe use:

- Once the over toilet frame is in place, simply use it like a regular toilet.
- The arm rails can be used for added support when lowering onto and rising from the toilet.
- Take care to put even weight through the armrests so the frame doesn't tip.
- Some frames have an optional splash guard which prevents splash.

3. Features:

- Height adjustable frame to ensure it is suitable for people of all heights
- Hand rails used to assist with transferring on and off the toilet
- Anti-slip rubber stoppers
- Legs arranged to provide a wide base of support to increase stability
- Adjustable legs to ensure stability on uneven surfaces

4. Who should use an over toilet frame?

Over toilet frames are great for individuals having difficulty getting on and off the toilet, due to any of the following conditions:

- reduced balance
- sore joints
- bending difficulties

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Purpose: To assist carers and individuals to be able to safely use an over toilet frame.

Note:

1. If you don't feel confident, have any difficulty assisting with this or have any concerns, please let nursing or support staff know.
2. If this equipment is faulty or damaged in anyway please let nursing or support staff know.
3. To clean – regularly wipe over the frame, especially at the hinges under the seat, with general bathroom cleaning products. Replace if rust is found.

Please contact: The Community Palliative Care Service if you have any concerns.

Further Information: www.caresearch.com.au

Acknowledgements: Occupational Therapy Department- Swan Hill District Health

Disclaimer: The Community Palliative Care Service and all persons involved in producing this information sheet will not be held responsible for any adverse event or loss from the implementation of all or part of this information. All reasonable efforts will be made to ensure that the item this information sheet pertains to, is maintained to a high safety standard.

Please return this card to the Community Palliative Care Service when no longer required.