

Carers Equipment Safety Card – The Shower Stool

A shower stool -

- Allows the person to safely sit while showering.
- Can also be used as a seat for drying and dressing.
- Can make the task of showering the person easier for the carer.



1. Safe use:

- Ensure the height is appropriate for the person using the stool, and adjust if necessary.
- The person's feet should be flat on the ground, with knees just below hip height.
- Place the shower stool inside your shower recess, ready for use.

2. Features:

- Anti-slip rubber stoppers allows it to be used safely in the shower
- Adjustable frame to enable use for people of all heights
- The seat and leg angle vary on some shower stools which provides options depending on personal preference or shower type.
- Hand rails used to assist with transferring onto and off the chair
- Durable plastic seat
- A wide leg base of support to increase stability
- Multi-adjustable legs to ensure stability on uneven surfaces
- Shower chairs are also available which provide a backrest which may be required for some people.

3. Safety Precautions:

- It should only be used for a shower recess.
- If you have a shower over a bath, please ask your nurse or occupational therapist about the recommended equipment.

4. Who should use a shower stool?

Individuals having difficulty in the shower, due to any of the following conditions:

- | | |
|-----------------------|---|
| ○ reduced balance | ○ muscle weakness |
| ○ shortness of breath | ○ joint stiffness |
| ○ fatigue | ○ hip precautions following hip surgery |

Carers **Equipment Information Card - Shower Stool**

Purpose: To assist carers and individuals to be able to safely use a shower stool.

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 any way, please let nursing or support staff know.
3. To clean – regularly wipe over using general 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
Occupational Therapy Department- Sunraysia Community Health Service

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.