



# How to transfer safely in the bathroom

Assistive technology is a piece of equipment, device or system that provides people with practical solutions to everyday life activities. You can search our National Equipment Database [www.askned.com.au](http://www.askned.com.au) to view a range of products online.

**There are a wide variety of transfer aids to assist with getting into and out of the shower or bath and on and off the toilet safely and independently.**

## Some options to consider:

### Transfer benches

Have four legs with rubber tips to prevent slipping. There are various types of seats available that can slide or swivel. The legs of transfer benches are height adjustable to compensate for height differences in the tub or shower. Part of the bench goes into the tub, up against the far wall, and the legs are adjusted so the bench is level and not touching the edge of the bathtub.

The user sits down and slides across and can then sit on the bench while bathing. Transfer benches may have a side arm on the part of the bench that sits in the bath to assist the user in standing and sliding.

### Rails

Can be fixed or clamped on to assist with transfers in and out of the bath. A clamp-on rail on the side of the bath can give support to help with getting up out of the bath from a seated position. Fixed rails can give support while getting your legs into the bath safely when in a standing position. Make sure rails are installed securely with the appropriate fasteners.

### Shower chairs or stools

Allow a user to sit down while showering to help prevent fatigue and reduce the risk of falls. Arm rests, backrests and height adjustable legs provide additional support while transferring.



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## Permanent shower benches

Can be fixed to the wall and fold up when not required.

## Bath hoists

Hoists can assist lowering and raising a user in and out of the bath. They have a waterproof remote and provide a supported seated position while bathing.

## Slip resistant mats, liquid applications and adhesive strips

When applied to the bath or shower surface reduces the risk of slipping.

## Over toilet frames and raised toilet seats

Are a great way of raising the height of the toilet, making it easier and safer to transfer on and off.

## Other tips to increase safety in the bathroom:

- Sit down to wash yourself. Use a bath transfer bench, shower stool or shower chair.
- Use a long-handled back sponge or toe washer, soap-on-a-rope, or soap in a 'wash mitten' to eliminate unnecessary bending that may cause dizziness and a fall.
- Sit down to dry and dress yourself.

Indigo can provide information and advice on suitable equipment to help you stay safe when using the bathroom. Your G.P can refer you for an Occupational Therapy assessment. An Occupational Therapist can come out to assess your home for any equipment or modifications that will make your home safer and increase your independence.

**Indigo has a large range of equipment on display and products available to trial. Our experienced health professionals can provide strategies and advice on the right product for you.**

**Please contact us using the details below for further information or to book an appointment. Appointments can be conducted by phone, email, face-to-face or video call.**

**Did you know Indigo also offer a range of other services? Please ask us when you call, or visit [www.indigosolutions.org.au](http://www.indigosolutions.org.au)**