



Over Toilet Aid

These instructions are to be used in conjunction with the information that your Occupational Therapist has provided.

WHAT IS AN OVER TOILET AID (OTA)?

- An over toilet aid enables people who have difficulty getting on/off the toilet to do so safely and independently with a raised toilet seat and arms.
- This may be height adjustable.



TO INSTALL:

The height should enable you to sit and stand with ease.

- To adjust the leg length, push the button in and slide the internal leg piece up or down to the appropriate notch height.
- One leg has extra holes which can be adjusted to help stabilise the OTA if the floor is uneven.

HOW TO USE AN OVER TOILET AID:

- To sit on the over toilet aid, move backwards until you can feel the seat behind your legs. Place both hands on the armrests to support your body and then slowly lower yourself down.
- When getting off the over toilet aid, move your bottom to the front edge of the seat ensuring your feet are firmly placed on the floor. Use the armrests to push yourself into standing position, leading with your head and shoulders.

MAINTENANCE & CLEANING:

- Ensure that you regularly clean the over toilet aid with a mild disinfectant.
- If the equipment appears damaged - **DO NOT USE**. It may require replacing.



Universal replacement Splash Guard available

PRECAUTIONS & SAFETY:

- Ensure that the over toilet aid is stable, all four feet on the floor and cannot slide.
- Ensure that the toilet paper is easily reached.
- Ensure that you place both your hands on the rails to lower yourself down and push yourself up.