



Shower Stool & Shower Chair

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

WHAT IS A SHOWER STOOL OR SHOWER CHAIR?

- A shower stool/shower chair enables anyone who has decreased balance, physical strength or mobility difficulties to shower safely and independently while sitting.
- A shower chair has a seat, backrest and arms and is usually adjustable in height.
- A shower stool has a seat and armrests. It does not have a back support and is usually height adjustable.
- NB: Plastic garden chairs are not recommended for shower use. This is due to poor strength and stability of the chair, non-adjustable in height and this may be considered a falls risk.

TO INSTALL:

- It is recommended that the shower chair or shower stool is height adjustable. The height should enable you to sit and stand with ease.

ADJUSTING THE HEIGHT:

- To adjust the leg length, push the button in and slide the internal leg piece up or down to the appropriate notch. Your Occupational Therapist can advise you regarding the appropriate height.
- One leg has extra holes which can be adjusted to help stabilise the shower chair or stool if the floor is uneven.

HOW TO USE THE SHOWER STOOL/CHAIR:

- To sit on the chair or stool, move backwards until you can feel the seat behind your legs, place hands on the armrests, if appropriate, to support your body and prevent the chair or stool from slipping away, then lower yourself down.
- When getting off the chair or stool, move your bottom to the front edge of the seat ensuring your feet are firmly placed on the floor. Use the armrests, if appropriate, to push yourself into standing position, leading with your head and shoulders.



MAINTENANCE & CLEANING:

- Ensure that you regularly clean the stool or chair with a mild disinfectant/cleanser.
- Should the equipment appear damaged – **DO NOT USE**. It may require replacing.

PRECAUTIONS & SAFETY:

- Ensure that the chair or stool is stable on the floor and cannot slide.
- Ensure that the items required for showering are in easy reach when seated.