



CHOOSING THE RIGHT

bathing aid for you



When getting in and out of the bath gets more challenging, or when standing up in a shower becomes difficult, there are a number of options that can offer you both security and comfort. We've put this guide together to give you an overview of the bathing aids available so you can determine which one, or combination, will work best for you in your home. Your local dealer will also be able to give you guidance and allow you to try the different options as part of your decision process.

USING BATH BOARDS

Bath Boards sit across the bath and are secured in place with brackets you can adjust. The surface has holes in it that allow for drainage. To get on to it, you need to sit in on the board at the edge of the bath and then slide towards the middle of the board. You then transfer your legs into the bath.

Once sitting on the bath board with your feet both in the bath, you can either wash using a hand-held spray shower, or can lower yourself into the bath itself – or use a bath seat – so you can have part of your body in the water.



The bath board needs to be a similar width to your bath to ensure it remains stable when you are getting on and off it. It is normally fitted to the bath using adjustable brackets that when adjusted are flush with the inner sides of the bath. It is a good idea to regularly check that these remain tight, just to ensure that the board stays as stable as possible.

Grab rails alongside the bath can also assist with getting on and off bath boards. Some boards also have a handle incorporated in them, which should be placed on the wall side of the bath. The handle works to give you extra support while getting on and off the board.

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USING SHOWER SEATS & STOOLS

These come in a very large range of sizes and styles. The size you select depends on the size of the shower you are using – smaller ones or ones with a triangular seat work well in a corner shower, whereas level entry showers can take larger models. Armrests offer more support when getting on and off the seat.

A backrest can also be helpful if you need more support or are easily fatigued. Height-adjustable legs ensure that the seat will remain stable if the base of the shower curves up. They also mean that the stool can be higher off the shower base, which can make it easier to get up from. Shower seats are water-resistant and are normally made from slip-resistant moulded plastic that can also have holes for water drainage.



Some other factors to consider are the maximum user weight and the weight of the product if the equipment needs to be moved on a regular basis.



OTHER BATHING ACCESSORIES

Bath sponges and brushes are designed to help in reaching and cleaning your back. They usually have a long length handle for easier use. Also great for cleaning the tub without bending over.

Grab bars provide a safer bathroom experience for older adults. They prevent falls in the bathroom, and can be added outside or by a bath or shower and next to a toilet.

