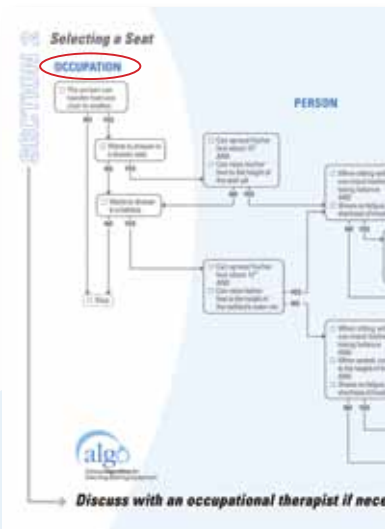


# SECTION 2

## Selecting a Seat

- Section 2 lets you determine if the client needs a bath seat and determine which one best suits the situation.
- Get the information required to respond to the items in Section 2, but use your own judgment when faced with unusual situations not described in this section.
- Remember to discuss the situation with an occupational therapist, if necessary.

## Occupation



### The person can transfer from one chair to another.

#### Why is this important?

- Because a client unable to perform this task uses complex transfer techniques or requires specialized equipment for bathing.

#### How should you respond?

- From the start of your visit, did you observe the client get out of a chair and then sit back down unassisted?
- If not, locate two chairs in the home (with or without armrests; seat height from 16" to 18"), place them side by side, and ask the client to sit on one, then the other.
- Note that the client can use the chair's armrests for support, but he or she must move from one chair to the other without anyone's assistance.

### Wants to shower in a shower stall.

#### OR

### Wants to shower in a bathtub.

#### Why is this important?

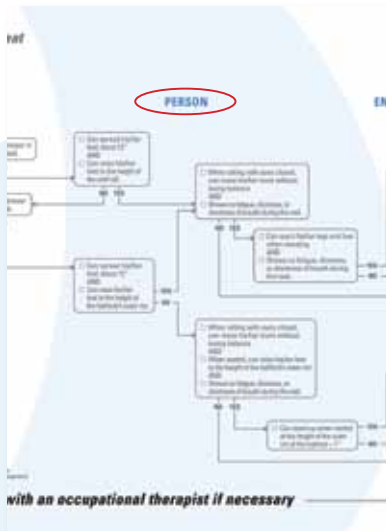
- Because the client's preference must be respected.

#### How should you respond?

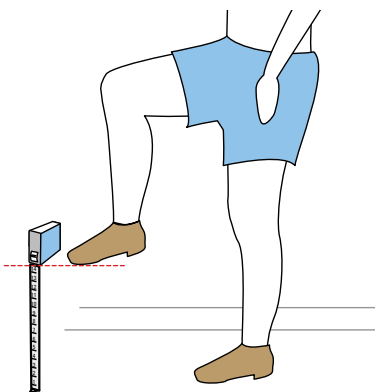
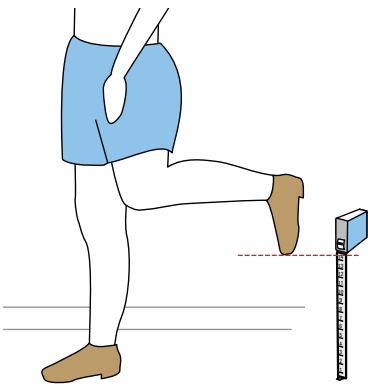
- Ask the client where he or she wants to bathe.

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# Person



Observe if the client can raise his/her feet frontward or backward. Note the height of the tiptoes, which are usually the lowest point (see below).



## Can spread his/her feet about 12".

### Why is this important?

- To determine if the client can step across the shower-stall sill OR the bathtub's outer rim.

### How should you respond?

- Ask the client to stand with his or her feet about shoulder width apart.
- For this task, the client can use some form of support (such as a walker, cane, crutches, table, chair, or wall), but must hold the position for at least 5 seconds.

## Can raise his/her feet to the height of the shower-stall sill.

### OR

## Can raise his/her feet to the height of the bathtub's outer rim.

### Why is this important?

- To determine if the client can step across the shower-stall sill OR the bathtub's outer rim.

### How should you respond?

- First, measure the height at the outer rim of the bathtub or the stall sill with your measuring tape, then lock the tape with the lock button. Refer to page 11 to see where to take this measure.
- Then, ask the client to raise a foot to the height of the shower-stall sill OR the bathtub's outer rim. Ask the client to repeat the task with the other foot.
- To perform these tasks, the client must:
  1. Use some kind of support (e.g. a walker, cane, crutches, table, chair, or wall).
  2. Hold the positions for at least 5 seconds.
  3. Successfully perform the task on both sides.

## When sitting with eyes closed, can move his/her trunk without losing balance.

### Why is this important?

- To determine if the client needs a seat *with a backrest*.

### How should you respond?

- Observe if the client loses his or her balance when sitting.
- If not, ask the client to lean to the right and left, to look at the ceiling, to raise his or her arms, to put his or her hands behind his or her back. Does he or she lose his or her balance?
- Ask the client to close his or her eyes, and then move their upper body. Does he or she lose his or her balance? Does he or she get dizzy?

## Shows no fatigue, dizziness, or shortness of breath during the visit.

### Why is this important?

- To determine if the client needs a seat *with a backrest*.

### How should you respond?

- Observe the client's nonverbal language throughout the visit:
  - Does he or she show signs of fatigue?
  - Does he or she get dizzy?
  - Does he or she appear to be short of breath?
- Ask the client if he or she would appreciate having a backrest to lean against while bathing.

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